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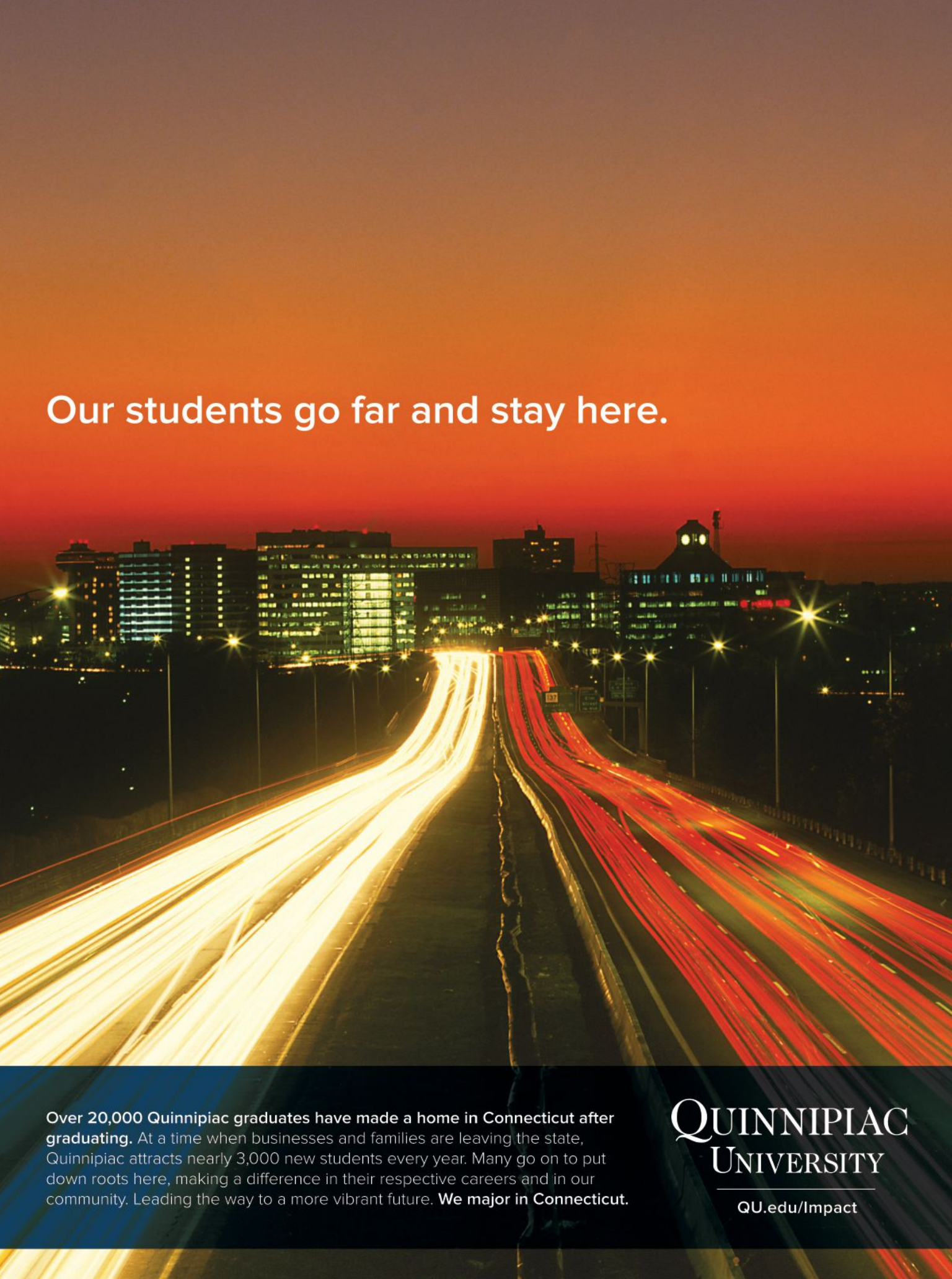
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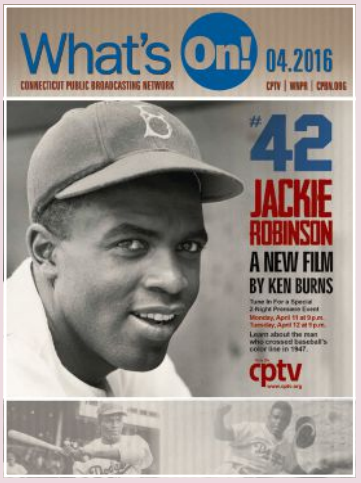

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This page: (top right) Donald Duck and Mickey Mouse Pez dispensers, photo courtesy of Pez Candy Inc.; (bottom left) Motown: The Musical © Joan Marcus.

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Connecticut Magazine® (ISSN 0889-7670), a property of Digital First Media, 448 Lincoln Highway, Fairless Hills, PA 19030, is published monthly by Connecticut Magazine at 100 Gando Drive, New Haven, CT 06513. Periodicals postage paid at New Haven, Connecticut, and at additional mailing offices. Printed in U.S.A. Subscription rates: One year $19.97, two years $34.97, three years $39.97 in Connecticut; out-of-state residents add $5/yr. **POSTMASTER: Send changes of address to Connecticut Magazine Subscription Services, P.O. Box 3000, Denville, NJ 07834.**

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editor's note

CPTV viewers, this one's for you

"Pleasant Surprises"

That was the headline over last month's editor's note — my first as editor of *Connecticut Magazine*. I was excited to tell you about everything new in the magazine, from The CONNsumer column to One Drink in The Connecticut Table.

What came as an unpleasant surprise to many of you — based on the many calls and emails I received — was the lack of Connecticut Public Television listings in the back of the magazine.

Allow me to set the record straight — the Connecticut Public Broadcasting Network is responsible for the content of those pages. It was CPBN's decision — not *Connecticut Magazine*'s — to drop the listings.

While the pages saw an aesthetic upgrade, I've heard from many of you who depend on the TV schedule. If you're one of those people, I'm sorry to say you will be disappointed to see the schedule has not been restored in this issue.

However, CPBN officials say this is just a test, and they are seeking feedback. To let them know how you feel, you can contact their Audience Care department at 860-275-7550 or audiencecare@cptv.org.

Now, on to what you *will* find in this issue. The new stuff you'll see every month:

• We're "Stepping Out" again (page 18)! Attending a benefit gala? Make sure you get noticed by sending us your photos. Email them to **steppingout@connecticutmag.com**.

• Longtime *New Haven Register* columnist Randall Beach debuts his Beachcombing column (page 21). His first subjects are David Denby, a *New Yorker* staff writer, and a Hillhouse High School teacher who inspires her students to read and write poetry — for fun. Expect more interesting finds in the months to come.

• Go "Backstage" with veteran theater writer Frank Rizzo (page 32), whose column will offer the best bets for theater entertainment in the month ahead, including double duty for Diana Ross.

Of course, you'll find our annual Top Docs feature. Other highlights of this issue:

By now, you probably know Disney operates Bristol-based ESPN. But you might be surprised by the many other Disney links to Connecticut, including the origins of the company's most iconic character. Author Garry Apgar has the tale (page 41).

You also may not know much about a gun lobby second only in spending to the NRA that's based only miles from Sandy Hook. Erik Ofgang looks at the group (page 13).

Silvia Baldini shows us it's never to late to chase your dream. From art director to award-winning TV chef, the New Canaan mom has enjoyed an incredible journey, chronicled by Michael Catarevas (page 53).

Finally, Kate Hartman catches up with a Waterbury filmmaker whose movie tells of a dog whose heartbreaking story is impacting the nation's animal-protection laws (page 15).

Albert Yuravich
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contributors

WRITER
Randall Beach

"BEACHCOMBING" (21)

Randall Beach is the longtime columnist for the *New Haven Register*, where his column appears Fridays and Sundays. He enjoys his New Haven neighborhood, running through the city's streets and parks, and playing his 1960s and '70s rock 'n' roll albums.

WRITER
Garry Apgar

'THE OTHER DISNEYLAND' (41)

Garry Apgar is an art historian (Ph.D., Yale) and former cartoonist for the *Roanoke Times*. He edited the anthology *A Mickey Mouse Reader* (2014). His monograph, *Mickey Mouse: Emblem of the American Spirit*, was published late last year. He lives in Bridgeport.

WRITER
Frank Rizzo

"BACKSTAGE" (32)

Frank Rizzo has covered the state A+E scene since disco reigned. Some of his credits: *The Hartford Courant* (for nearly 34 years), *The New York Times* and *American Theatre Magazine*. He's lived in New Haven since Carter was president.

WRITER
Michael Catarevas

"PRESSURE COOKER" (53)

Michael Catarevas edited *Men's Workout* and *Exercise & Health* magazines, and is now the managing editor of the *New Canaan Advertiser*. Raised in New Haven and Bethany, he lives in Westport with his wife and son.

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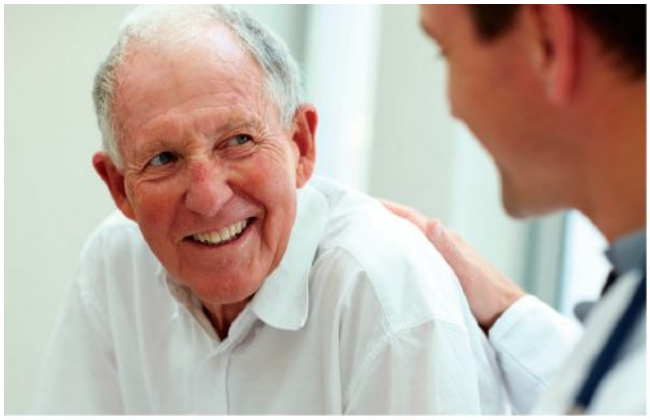

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The National Shooting Sports Foundation in Newtown
ARNOLD GOLD

Gun Industry Powerhouse Flies Under the Radar in Newtown

THE CONNECTICUT-BASED NATIONAL SHOOTING SPORTS FOUNDATION IS SPENDING ALMOST AS MUCH AS THE NRA. WHY HAVE SO FEW HEARD OF IT?

BY ERIK OFGANG

Every January the SHOT Show comes to Las Vegas.

An acronym for the Shooting, Hunting and Outdoor Trade Show, the event is billed as "the largest trade show of its kind in the world and the fifth-largest trade show in Las Vegas." It features 1,600 exhibitors spread over 630,000 square feet at the Sands Expo and Convention Center. Advertised with the tagline "too good to miss," it attracts more than 62,000 people and is "where a passion for firearms, ammunition and outdoors equipment, plus the industry's unified support for the Second Amendment, are on display."

The event, where many of the new gun models are demoed by leading manufacturers, is launched annually from Newtown.

ONE OF THE NATION'S MOST POWERFUL GUN LOBBIES

Since the Sandy Hook mass shooting on Dec. 14, 2012, Connecticut and Newtown have regularly been at the center of the national gun control debate, with many Sandy Hook survivors and family members of victims playing an active role galvanizing gun control efforts. In January during a White House announcement of executive orders aiming to reduce gun violence, President Obama was introduced by Mark Barden, whose 7-year-old son, Daniel, was killed at Sandy Hook Elementary School. Earlier this year, activists in Newtown pushed for a ban on guns in businesses in the town, and worked to support state legislation that would require those carrying guns to present their permits upon the request of a law enforcement officer.

Long before that — in 1961 — Newtown became home to one of the powerhouses of the gun industry, The National Shooting Sports Foundation (NSSF), which organizes the SHOT Show each year. According to the Center for Responsive Politics, a nonpartisan, Washington-based organization that tracks political spending through the website opensecrets.org, the NSSF spent about $3.5 million lobbying Washington in 2015, a sum comparable to the $3.6 million spent by the much more high-profile National Rifle Association. It also spent more than $3 million in 2014 and just under $2.5 million in 2013.

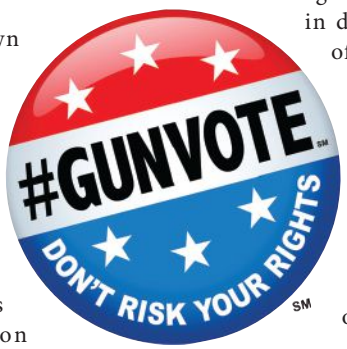
"It was shocking to a majority of us in Newtown that one of the strongest gun lobbies in the nation is headquartered right here in Newtown, three miles from the site of the tragic shooting," says Po Murray, chairwoman of the gun-safety group Newtown Action Alliance, who learned of the existence of the NSSF after the Sandy Hook tragedy.

The NSSF is a trade organization for firearms- and ammunition-related industries and has more than 13,000 members, including gun manufacturers, retailers, ranges and distributors. Its headquarters is a nondescript, two-story building on Mile Hill Road, just off Route 25 and not far from the former Fairfield Hills Hospital. In addition to its lobbying efforts, the organization helps write firearms safety and instruction standards and promotes shooting sports of all kinds.

"They definitely try to keep a low profile in town. We have extended an offer to

meet with them, but they refuse to do so," says Murray, who was invited to the White House and met briefly with Obama during his January gun announcement. She adds, "It's pretty clear that they are completely in line with the NRA and its efforts," but "they go under the radar, whereas the NRA is very outspoken and front and center on this initiative."

Each April the Newtown group hosts "The NSSF Congressional Fly-In," where gun company executives converge on Washington to advocate for their industry. This year's Fly-In will take place on April 12-13. Murray and other members of the Newtown Action Alliance plan to go to D.C. both days to protest.



NSSF.ORG/GUNVOTE
NSSF's official "gunvote" button for the 2016 election season.

INCREASED SPENDING

In the aftermath of the Sandy Hook massacre, the NSSF released a statement offering condolences. "In a small community there are not many degrees of separation and so, not surprisingly, we had family, friends and acquaintances that were affected. Our hearts and prayers go out to the families and the victims of this terrible tragedy."

According to the Center for Responsive Politics, since the year of the Newtown tragedy, the organization has dramatically increased its federal lobbying budget and is surpassed only by the NRA in this respect.

"It's gone way up since 2012, when it was a little over $800,000; it's quadrupled really," says Viveca Novak, editorial and communications director of the Center for Responsive Politics.

This follows a larger trend of increased gun-lobby spending in recent years. "We've seen gun rights groups in general being pretty active during the Obama administration," Novak says. She adds that these efforts represent only a fraction of the $3.2 billion spent on federal lobbying in 2015, but appear to be effective for the gun industry. "They don't seem to have been touched by further oversight or regulation in Washington, except to a small degree by executive orders."

One reason the NSSF has not attracted much mainstream attention is the inherent differences between it and the NRA. "The NRA is not a trade association and instead is made up of its five million-plus individual members," says Rich Burgess of Connecticut Carry, a North Branford-based, pro-gun-rights organization. "The NRA is also primarily funded by donations and voluntary member dues, not by manufacturers and dealers. Apples and oranges."

'TO KEEP AND BEAR ARMS'

Though it does not go out of its way to publicize itself locally, the NSSF makes its position on gun rights abundantly clear, stating on its website, "NSSF stands in defense of every segment of our industry on Capitol Hill and in state capitols nationwide. Over the past 10 years, the association has grown its government-relations efforts immensely, resulting in many key legislative successes for our industry."

Elsewhere on the website there are links to fact sheets, including one on assault weapons which says the term "was conjured up by anti-gun legislators to scare voters into thinking these firearms are something out of a horror movie," and "What has erroneously been termed an 'assault weapon' is a semi-automatic firearm that fires just one bullet with each pull of the trigger (versus a fully automatic firearm — machine gun — which continues to shoot until the trigger is released)."

The NSSF declined a request for an interview for this story, but provided an emailed statement.

"Our particular focus is the protection of lawful commerce in firearms and one of the activities in which we engage in this regard is lobbying, which is fully reported as required by law. The lawful commerce in firearms is essential to our citizens' Constitutional right to keep and bear arms. The use of guns in violent crime is at a 20-year low (DOJ/FBI) while accidents involving guns are at the lowest level since record keeping began a century ago (National Safety Council)."

The statement cited the organization's work with gun safety programs such as Project ChildSafe, which "has distributed more than 36 million gun safety kits including gunlocks through 15,000 law enforcement agencies across the country. We also run the Don't Lie for the Other Guy anti-illegal straw purchasing retailer education and public awareness campaign."

(Last September, the NSSF announced it had received a $2.4 million grant from the Department of Justice for Project Childsafe.)

The statement concluded, "No other organization has done more to promote gun safety in the true meaning of that phrase, not as it has been co-opted by organizations that seek to promote a gun-control agenda that does little or nothing to stop the criminal misuse of firearms."

The NSSF is based in Connecticut due to the state's historic ties to the gun-manufacturing industry. Today it also runs the Sporting Arms & Ammunition Manufacturers' Institute out of its Newtown building. The institute was formed in 1926 at the request of the federal government in order to promote manufacturing standards in the industry and firearms safety. "In the 1920s, where was the gun industry in America? The Connecticut River Valley — everybody was there," says Richard Feldman, author of *Ricochet: Confessions of a Gun Lobbyist*.

Feldman is a former NRA lobbyist and former head of the American Shooting Sports Council, which was absorbed by the NSSF in 1999. He says that while the NRA is able to leverage its vast membership with mass mailings and coordinated protests, NSSF lobbyists can engage in a different type of conversation with lawmakers that can often be quite persuasive. "You're talking about jobs in the communities, you're talking about families that live off of this that are employed [by the industry]," he says. "I never met a [member of the] legislature that doesn't care about losing jobs in their district."

2016 ELECTION

"Clearly there has been a change in the conversation after what happened in Sandy Hook," says Murray, head of the Newtown Action Alliance. "We now have background checks in 18 states [and] the gun violence issue is now one of the key issues in the 2016 presidential election."

Murray believes more awareness is needed regarding organizations like the NSSF and says her organization will continue to hold and participate in protests outside of the NSSF's Newtown headquarters in the leadup to the election.

Meanwhile, Steve Sanetti, the chief executive officer of NSSF, sounded the alarm in the gun world at his State of the Industry Address at January's SHOT Show, declaring "the state of the industry tonight is alert." He said, "Those who exploit tragedies and attack us, either for their own political ends or for an understandable desire to make sense out of senseless acts, make no pretense about their goals. So this, in turn, forces us to respond — to reply to deliberate and ignorant falsehoods with the truth, and to educate the public using all means at our disposal." He added, "We think of the upcoming elections as a presidential election. Indeed it is; but it is so much more. This election is about your entire government, right down to the local level, which ultimately will determine the courses of all our lives, our industry, and the way of life we treasure."

‘*Rocky* for Dogs’

STATE FILMMAKER’S NEW DOCUMENTARY SHOWS HOW ONE DOG (AND HIS OWNER) CHANGED THE LAW

BY KATE HARTMAN

CONTRIBUTED PHOTOS

Above, Doug James and Gucci. Below, a movie poster for *A Dog Named Gucci*. Bottom of the page, director Gorman Bechard of Waterbury.

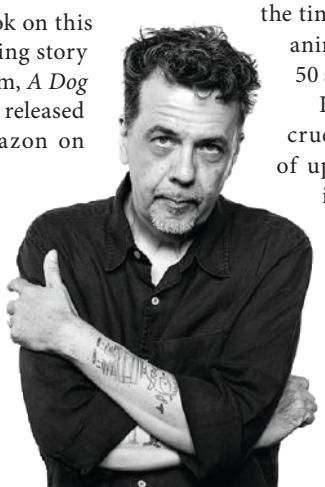
In 1994, Doug James was standing on his porch waiting for a potential buyer to look at his Alabama home, when he heard the cries of a dog down the block. When he went to see what was wrong, he found a small dog on fire. It ran under a house, still ablaze, before someone sprayed it with water to put out the flames.

Gucci, a 10-week-old husky-chow mix, had been severely beaten and set on fire by a group of boys. One of the boys had been rejected by the dog’s owner, a young runaway girl who didn’t have the ability to take the dog to the vet. James took the dog, cared for him overnight and took him to the vet the next day. Gucci underwent numerous surgeries and, miraculously, recovered. Three of the boys were charged with animal abuse — but just one was charged as an adult and served time in jail.

James wasn’t satisfied with just saving one dog. He set out on a six-year fight to have the animal abuse laws changed, and Gucci quickly became the face of animal abuse in Alabama.

“There are all these horrible stories. A dog is killed and no one is ever arrested. Nothing happens and it’s just misery,” says Connecticut filmmaker Gorman Bechard, best known for rock documentaries, including *Color Me Obsessed* about The Replacements. “[This story] was *Rocky* for dogs. Everything seemed like a movie. From the dog, which ends up living for 16 years, and this man who was just standing on his porch and it changed his life.”

The Waterbury native took on this remarkable and heartbreaking story as the subject of his latest film, *A Dog Named Gucci*, which will be released on DVD, iTunes and Amazon on April 19.



The Pet Protection Act (aka the Gucci Law) was signed into law on May 19, 2000, and now classifies animal cruelty as a Class C felony in Alabama punishable by up to 10 years in prison. Before that, animal cruelty fell under damage to personal property, which is a misdemeanor. At the time, only 12 states considered animal abuse a felony. Today, all 50 states have the designation.

In Connecticut, animal cruelty is punishable by a fine of up to $5,000 and five years imprisonment. This legislative session, State Rep. Gary Byron, a Republican from Newington, is hoping to revive a bill that will increase that sentence to seven years and strengthen the definitions of animal abuse under the law, according to an article by the *New Britain Herald*.

Bechard’s film focuses heavily on Gucci, but it also tracks other animal abuse cases across the country that changed laws in other states. “I didn’t want to just say this only happens in a place like Alabama,” the filmmaker explains. “This happens in North Carolina and Ohio. It happens in every state.

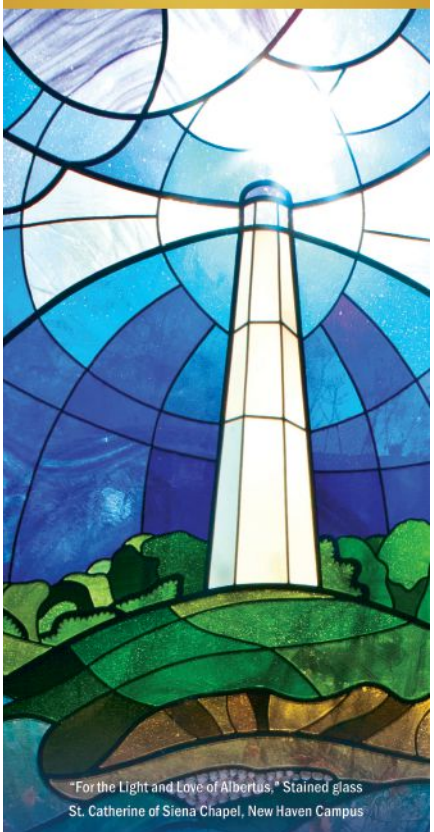
“I think what surprised me, not about Gucci, but how prevalent this kind of massive abuse is in the country to this day,” he continues. “There’s that stat that about 1 million animals are abused every year, whether they’re left outside to freeze or being set on fire or being beat to death, the stories are crazy.”

A Dog Named Gucci (adognamedgucci.com) features a version of the song, *One Voice*, with vocals by Grammy Award-winning musician Norah Jones, who was moved by the film’s trailer and immediately leant her talents. The song will be released on Record Store Day, April 16.

“One person can change a law,” says Bechard. “We see how Congress and the Senate work and it’s nothing but a mess, but here we have one individual citizen who got something done.”

Bechard has also been busy with other projects. His newest rock documentary, *Who is Lydia Loveless?*, played at the Big Sky Documentary Film Festival in Montana in February. He will premiere his ode to the three pillars of New Haven pizza — Sally’s Apizza, Frank Pepe Pizzeria Napoletana and Modern Apizza — titled *Pizza: A Love Story* at the New Haven Documentary Film Festival at Yale University in June.

PROFESSIONAL & GRADUATE STUDIES



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Dave Bonan, of Danbury, and his trusty bike.

COURTESY, DAVE BONAN

A Man and His Bike

DANBURY RESIDENT CELEBRATES 15 YEARS WITHOUT A CAR

BY KATE HARTMAN

In today's modern world, many would say it's impossible, or at least difficult, to live without a car. If you don't live in a heavily populated urban environment, you likely need a vehicle to get to and from work, haul your groceries home from the store and shuttle your kids to soccer practice. Most would say living sans car is a major inconvenience.

Dave Bonan is not one of those people.

The Danbury resident has lived without a car for 15 years, and while he made the switch for personal and not environmental reasons, his story can be seen as an example of what's possible in the modern age and an inspiration for the environmentally conscious — particularly with Earth Day on April 22.

Originally, Bonan gave up his car in favor of his bicycle out of necessity. In 2000, his transmission failed and he rode his bike while it was being fixed. But he quickly fell in love with cycling and it became his transportation of choice. He gave away his vehicle in 2001, dedicating himself to the lifestyle.

Today, the 39-year-old working musician spends the majority of his time on his Specialized Secteur Sport Disc bicycle, the first racing bike of its kind with disc brakes. Bonan says he waited a long time for a model that's designed for the kind of riding he does, which is varied and diverse. He uses his bike to run all his normal errands, but also for pleasure.

"You have to make it challenging for yourself," Bonan says. "If I'm doing errands and I'm riding 20 or 30 miles for errands, no, I'm not always enjoying it. It is point A to point B and back. Trader Joe's is five miles from my house, but I also know how to get there in 20 miles. I know all the back roads and tertiary roads. I know Connecticut, Rhode Island, Massachusetts and New Jersey by heart."

He has ridden through all of Connecticut's towns and traversed much of the East Coast on vacations. Last year he took a trip to Nantucket, Massachusetts and Rhode Island, and another around Delaware, New Jersey and Maryland. He's thinking about taking a trip to cycle around Iceland in 2017 and can foresee himself riding across the U.S. some day.

However, he does admit that he's been spending more time catching rides in friends' cars now than ever before. Bonan is a Latin percussionist in a handful of bands and it can be difficult to pack all his gear on the back of his bike for a gig, but he's done it.

"We have shows all over the Hudson Valley, Litchfield County and in New York City," he says. "I can't bring a thousand pounds of gear to a show [on my bike]."

This lifestyle has put Bonan more in touch with his body, the community and the environment.

"When I started biking car-free, gas was $1.30. Now it's coming down [again], but I just want to remind people when gas prices went up, people were saying, 'I can't go anywhere.' Walk, ride a bike, take the bus. You're not helpless," says Bonan. "People have to remember that gas and oil are finite. [The prices] will go up again. You have to realize that you have to rely on yourself."

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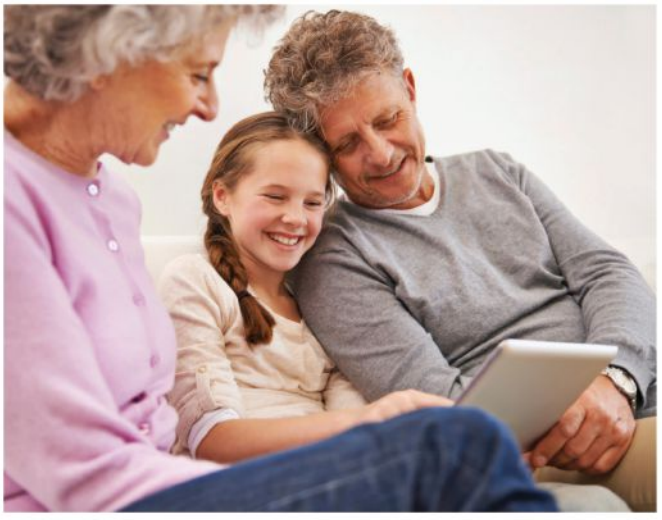

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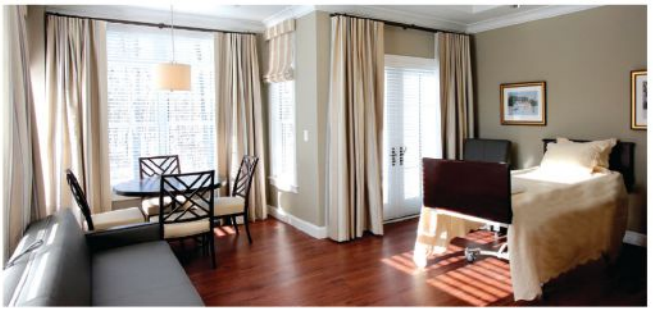

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Attending a benefit gala, awards celebration, garden party or even ConnectiCon, Connecticut's version of Comic-Con? Make sure you get noticed by sending us your photos! Email them to **steppingout@connecticutmag.com** along with a brief description of the occasion. Each month we'll feature as many events as we can.

1. AIDS Connecticut held its annual Oscar night **"Red Carpet Experience" fundraiser** at Hartford's Spotlight Theaters. The evening included gala wear and beyond for some revelers who chose to dress up in Oscar-inspired costumes. From left, Alyssa Haley and Andrea Cortez, from Tainted Inc. beauty salon in Hartford, and Emily Petersen from the Hartford nonprofit Knox Parks. *(photo by MaryEllen Fillo)*

2. The Bushnell held its annual **Ovations gala** recently at the Hartford theater. This year's theme was "Motown," with proceeds benefiting the theater's education program. Getting into the Motown swing of things was Bushnell board member Larry Starr, far right, who attended with, from left, Mike Schiling, Jordana Starr and Cindy Starr. *(photo by MaryEllen Fillo)*

3. Trinity on the Green in New Haven held a **200th anniversary celebration** of the completed construction and consecration of the church. The event started with an interfaith service with city religious leaders celebrating New Haven's religious diversity and tolerance. *(photo by Tony Bacewicz)*

4. Mari Black, a classically trained champion fiddler in the U.S., Canada and Scotland, performed with bass player Joe Magar and guitarist Owen Marshall in a spirited concert at the February **T&C Dinner** at the Town and County Club in Hartford. *(photo by Susan R. Barney)*

5. The Groton Public Library and Fairview Odd Fellows Home of Connecticut co-sponsored an **appreciation ceremony** to thank Groton Utilities and Eversource for their participation in the Neighborhood Assistance Act, which provided key funding for energy conservation-related projects in both nonprofit organizations. The event also honored the work of Groton Public Library volunteers, Groton Public Schools students and staff from both organizations, who have supported the residents of Fairview over the past year. *(photo by Sandra Hawes)*

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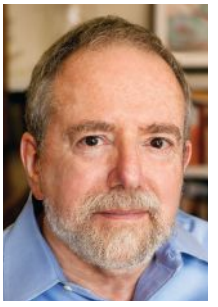
'Books Smell'

AUTHOR: HERO TEACHERS BATTLE TO GET TEENS HOOKED ON READING

David Denby could see what Jessica Zelenski was up against. Zelenski, a 10th-grade teacher at New Haven's Hillhouse High School, stood in front of 24 students from one of the city's poorest neighborhoods and tried to get them excited about the pleasure of reading a novel.

"Books smell like old people," sneered one of the students.

"He bellowed it," Zelenski says with a smile as she recalls that moment. It was one of the many challenging encounters she has dealt with during her 15 years at Hillhouse.



David Denby

Denby, who had been sitting in the classroom observing that scene for a book he was researching, says he was too stunned to react. He just quietly wrote down what the kid had said.

Two years later, Denby's book is with us — *Lit Up: One Reporter. Three Schools. Twenty-Four Books that Can Change Lives*.

Denby, a staff writer at *The New Yorker*, came to The Study at Yale to talk about his experiences at those three schools for WSHU Public Radio's *Join the Conversation* series.

Denby told the large audience, a roomful of readers, that Zelenski, one of the heroes of his book, was in the crowd. "She's a dynamo teacher," he said. Denby dedicated the book to Zelenski and the four other teachers he observed.

The two schools he chose besides Hillhouse were on the opposite side of the spectrum: the Beacon School on Manhattan's upper West Side and Mamaroneck High School in Westchester County, New York.

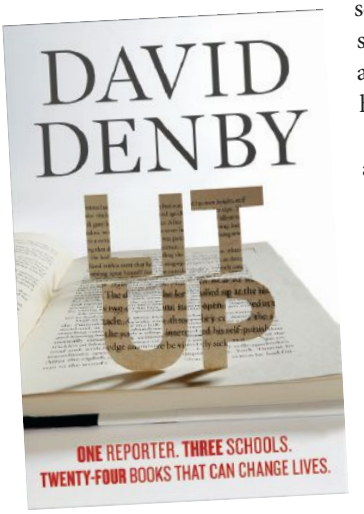
Here was the central question Denby set out to answer in his book, as he notes during an interview with me before his talk: "How do you turn teenagers on to literature?"

Denby puts it another way: "How do you forge the link to pleasure and need, which makes somebody a reader?"

Denby, who is 72 and grew up loving to read, is alarmed at the prospect teenagers will "disappear into their screens."

"Kids are reading more words," he notes. "But a lot of what they read online and on their smartphones is fragmentary. It's pieces."

Denby was a movie critic for 45 years. "I love movies. I love being engulfed by the images. But I love more the moment when you sit and read and you pull back from that constant stimulation in our over-stimulated society. With a novel you go inward as you read — inward and outward."



The "outward" part is as important as the "inward," Denby believes. "Reading is an opening to selfhood but also to citizenship. It's how you become a three-dimensional person. I think it's essential to our civilization. The absence of it would be catastrophic. But I think we're seeing it already."

Denby alludes to the Republican presidential battlefield. "I think we're seeing politically right now the product of an educational system that's in a lot of trouble, including the ability to think creatively. If more Americans had read *Adventures of Huckleberry Finn*, they wouldn't take Donald Trump seriously because they would know about the Duke and the King, two con artists who make promises."

Denby says Zelenski achieved breakthroughs in her class because she overcame students' initial resistance to reading Harper Lee's *To Kill a Mockingbird* by linking the Alabama characters of the 1930s to their own lives and struggles in New Haven.

"At the beginning of the school year the kids at Hillhouse wouldn't read," Denby says. "By the end of the year they were reading Vonnegut and Hemingway."

When I met Zelenski, a 42-year-old white woman from Wallingford, it was clear how she connects with and engages her students, the large percentage of them African-American or Hispanic. She is indeed a "dynamo."

Like Denby, Zelenski says, "I've been a voracious reader, always."

In the "Afterword" section of Denby's book, he returned to Hillhouse in the spring of 2015 to check on Zelenski and the students. She had recently won a teaching award, but he described her as tired and angry, dealing with the school's controversial structural changes as well as the daily challenges in her classroom.

On that day, Denby asked her if she would ever consider leaving Hillhouse to take a teaching job at an upper-middle-class Connecticut town. She stared at him and replied, "No, never upper-middle-class. Working class only." Those are the kids she loves.

Zelenski tells me when I raise the subject of moving on, "I've been here 15 years. I'm too invested in the community. I don't want to go anywhere else."

As to my question of whether she feels optimistic about the future of teenagers being engaged by literature, she says, "I always feel optimistic. That's how I go in and do what I do. Teenagers don't change. Once I can trick them into reading something fantastic, I know they'll follow me anywhere."

Randall Beach is the longtime columnist for the New Haven Register, where his column appears Fridays and Sundays. He enjoys his New Haven neighborhood, running through the city's streets and parks and hanging out in its coffee shops. At home he plays his many 1960s and '70s rock 'n' roll albums and CDs.

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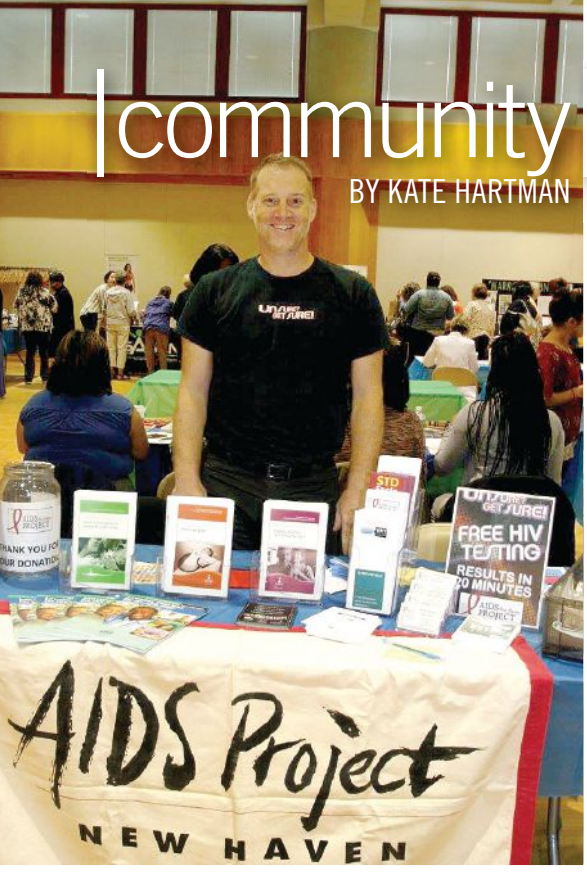
BY KATE HARTMAN



COURTESY, AIDS PROJECT NEW HAVEN

Case managers, counselors, intervention specialists, program coordinators and many volunteers comprise the ranks of AIDS Project New Haven, which works with people living with HIV and AIDS and those at risk.

THE ORGANIZATION: AIDS Project New Haven

THE STORY: Today, about 1.2 million people are living with HIV in this country and about 35 million live with it worldwide. More than 50,000 people are newly infected each year, according to the AIDS Project New Haven website.

The AIDS Project New Haven team, which includes case managers, counselors, intervention specialists, program coordinators and many volunteers, is committed to helping both those already living with HIV and AIDS manage their care and those at risk of contracting to remain safe and healthy.

The team provides services in three different areas of care, beginning with client services, which includes everything from medical case management to support groups. The organization does not provide primary care, instead working closely with New Haven's four HIV centers — Yale-New Haven Hospital, The Hospital of Saint Raphael at Yale-New Haven, Cornell Scott Hill Health Center and Fairway Community Health Center. It also provides a variety of counseling services for mental health and addiction.

"The majority of our clients have either extreme poverty, significant mental health or addiction issues," says Executive Director Chris Cole. "Most who live with HIV can manage their care on their own. We're really here to help those most at risk. If they're not engaged in their own care, they're most at risk of infecting others. Those who are

engaged are virally suppressed and won't infect others."

The Caring Cuisine program provides nutritious meals once a week to people living with HIV or other illnesses, either on a short-term or long-term basis. AIDS Project New Haven feeds between 95 and 110 people per week, including patients and their dependents.

"We are able to feed people and really monitor them in their home environments and provide other services," says Cole. "If we're seeing abuse or that the power is turned off, we can step in and help those clients."

The third piece is prevention, which centers on the Outreach, Testing and Linkage to Care (OTL) initiative, and includes condom distribution, education, rapid HIV testing and linking individuals to services. The state-funded OTL is only a 3-year-old program, but it's already seen an impact.

Another new program, PrEP Navigation or Pre-Exposure Prophylaxis, works to protect those who are HIV-negative, but are most at risk of contracting, by administering an antiretroviral pill once a day. Cole says the organization is working to make more connections with New Haven's at-risk gay community, and as that increases, the success of these programs is also expected to increase.

On April 28, AIDS Project New Haven will again participate in the nationwide Dining Out For Life, which acts as the organization's largest fundraiser of the year. On this day, restaurants including 116 Crown, G-Zen Restaurant, Kitchen ZINC and Stonebridge Restaurant will pledge to donate at least 25 percent of each bill to the organization. AIDS Project New Haven will place a volunteer ambassador in each location, with the task of filling the restaurant with patrons and encouraging diners to make an additional donation if they're able. Cole says they're still looking for volunteers, so if you're interested, visit the website listed below for more information.

AIDS Project New Haven is looking for volunteers on a day-to-day basis, including for food preparation and delivery, people to help with administrative duties and gay men who are experienced, comfortable and interested in helping with outreach in the gay community. Visit their website for all the ways you can help.

apnh.org

If you have an organization with an event that you'd like us to consider for the Community page, please send the details to khartman@connecticutmag.com.

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this month

BY KATE HARTMAN APRIL 2016

THE SHORT LIST | RITA WILSON
JEWISH FILM FESTIVAL | BACKSTAGE
ANGELIQUE KIDJO | TORT MUSEUM

IN BLOOM

Spring has sprung in Bridgeport. More than 25,000 tulips, daffodils and other spring bulb flowers will bloom at the Colorblends House & Spring Garden in April and beyond. Now in its second year, this expertly designed, half-acre garden is both a spring destination and an educational experience for gardeners across the state. Colorblends, a nationally known flower bulb firm that moved to East Bridgeport in 2005, created the show garden to give people an idea of what they can do with their own gardens. The space is planned by Dutch garden designer Jacqueline van der Kloet and features many signature Colorblends bloom-combinations like the brilliant orange and purple tulip blend named "Stop the Car," which is exactly what you should do when you're in the neighborhood. Admission is free, as is entrance into the Colorblends House, a spring-yellow 1903 Colonial Revival mansion on the property.

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NEW OLD FASHIONED

Originally formed at Indiana University, this 10-piece male a cappella group has acquired a huge fan base (more than 20 million views on YouTube, plus TV appearances and chart-topping albums) with their mesmerizing melodies and intricate arrangements. **Straight No Chaser** takes popular songs like *Stand By Me, Wonderwall* and *Uptown Girl* and completely reimagines them with only their voices. Their New Old Fashioned Tour will come to the Jorgensen Center for the Performing Arts at UConn-Storrs on April 2. *jorgensen.uconn.*

ME TALK PRETTY

For one night only! The sardonic humorist David Sedaris — author of bestsellers *Naked, Me Talk Pretty One Day* and *Dress Your Family in Corduroy and Denim* — will offer up several new readings plus a Q&A session and book signing at the Palace Theatre in Stamford on April 7. Book lovers will not want to miss this **Evening with David Sedaris** presented by WSHU. *palacestamford.org*

WILD ANIMALS

Dive into the colorful world of animals in the Bruce Museum's exhibit **Wild Reading: Animals in Children's Book Art**, which takes a closer look at the depiction of animals in some of our favorite and classic works. Contemporary and historic illustrations, along with taxidermy examples from the museum's natural history collection, will be on display in Greenwich from March 26 through July 3. *brucemuseum.org*

WORLD PREMIERE

From 2014 MacArthur Fellowship Recipient Samuel D. Hunter comes **Lewiston**, a story of family struggle in the vast American landscape. Alice and Connor sell cheap fireworks at their roadside stand while all around them developers swallow up land for profit. Enter Marnie, Alice's long-lost granddaughter who proposes buying their land to save the family legacy. Deep secrets, uncertain pasts and hopeful futures come to the forefront in this play, which will have its world premiere at Long Wharf Theatre in New Haven on April 6. The show, directed by Eric Ting, will run through May 1. *longwharf.org*

STANDARD OF EXCELLENCE

Tony Bennett has been setting the musical bar for more than 60 years. His array of standards like "Steppin' Out With My Baby" and "I Left My Heart in San Francisco" have shaped the American music landscape and garnered awards, including 18 Grammys and the prestigious Grammy Lifetime Achievement Award. And Mr. Bennett is not slowing down. He continues to record groundbreaking music, including his recent release with Lady Gaga, *Cheek to Cheek,* and tour the country. On April 1 he will make a stop at the Mohegan Sun Resort Casino. *mohegansun.com*

A LITTLE BIT OF MAGIC

Anything can happen when you have a big imagination, a group of friends and a little bit of magic. Based on the beloved novel by Roald Dahl, **Matilda the Musical** tells the story of one incredible little girl who dares to take a stand and defeat the unbearable Miss Trunchbull. Connecticut audiences will get to see the magic for themselves at The Bushnell in Hartford from April 26 to May 1. Bring the whole family. This show is fun for all ages! *bushnell.org*

See April 2016 calendar listings at connecticutmag.com/calendar

Best known for her roles in *Sleepless in Seattle*, *Jingle All the Way*, *Runaway Bride* and many television appearances (and for being married to Tom Hanks), actress and producer **Rita Wilson** has long been a force in the entertainment business. But she says music has always been one of her first passions. In 2012, she took the plunge and released a collection of '60s and '70s classics, titled *AM/FM,* to positive reviews. In early March, she released her second self-titled album, which features all-original music written by Wilson, and she embarked on a 20-city tour (her first!), which will bring her to the **Ridgefield Playhouse on April 27**.

Music has always been important in your life?

That's true. I can't say it was my first love in that I was able to play the guitar and I was writing music, but with performing, when I was a kid my mom and dad would say, 'Get up and sing!' I'd sing "Ode to Billie Joe" [by country singer Bobbie Gentry]. I think I was responding to the storytelling in that song. I connected to what the songwriter was saying and what was being communicated, and obviously that applies to not just the lyrics but the music and how that makes you feel. Music can make you jump up and down or be in a puddle of tears. I responded to that.

Did you always want to write your own songs?

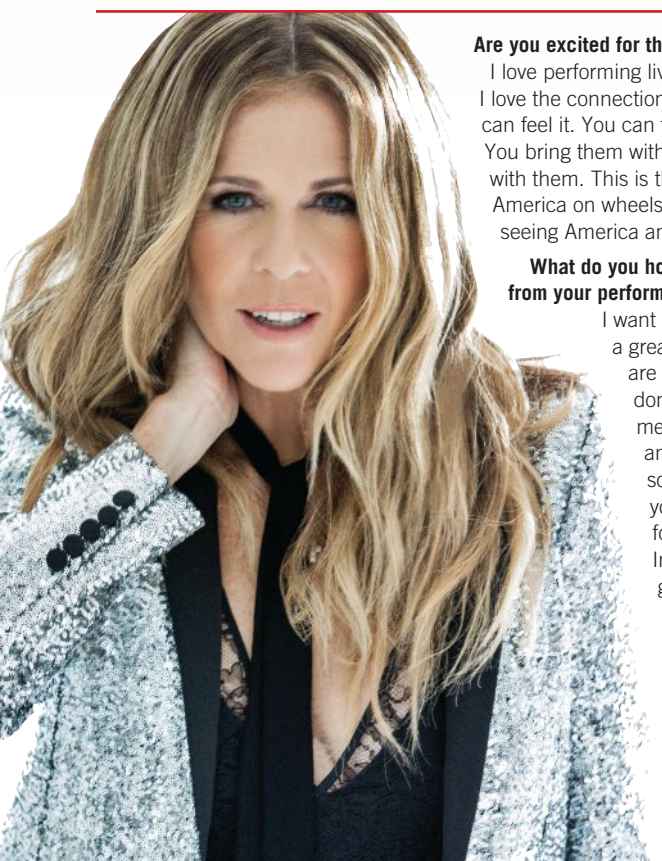
I never dreamed that I would be able to write a song, and it was always something I wished I could do. I worked as a ticket taker at the Universal Amphitheatre [now the Gibson Amphitheatre in Los Angeles] and I saw every major singer/songwriter I loved [including] Joni Mitchell, Carole King and James Taylor. I never would have believed that I could write a song that would put me in the same category as any of those people.

How did you decide to try it?

Kara DioGuardi and I both played Roxie Hart in *Chicago* … We became phone pals for a bit and when she came to LA for a visit, [a friend] put us together. During that time we were talking about music and I said to her, 'I can't believe how lucky you are to be a songwriter. That's extraordinary.' She told me I could write a song. She asked, 'Do you have something you want to say?' I told her my idea for the song *Grateful,* and she said she would write that song with me. She brought in Jason Reeves and we wrote two songs together and I guess that gave me the confidence to reach out to Kristian Bush from the band Sugarland. My managers put me in touch with great writers in Nashville and I started collecting a bunch of songs. I didn't know what I was writing for. I was just writing songs, but then I realized I was writing into a theme and that became, I guess, I'm writing an album!

RITA WILSON

APRIL 27 | 7:30 P.M.
RIDGEFIELD PLAYHOUSE
203-438-5795, ridgefieldplayhouse.org



Are you excited for the tour?

I love performing live in a theater and singing. I love the connection with the audience. You can feel it. You can feel what they're digging. You bring them with you and they bring you with them. This is the first time I'm crossing America on wheels. I'm looking forward to seeing America and connecting with fans.

What do you hope the audience takes away from your performance?

I want people to come and have a great time. The songs I wrote are my experiences, but I don't think they're unique to me. I think everyone has had an experience like in my song "Crying, Crying" where you're putting your best face forward, or like in "Girls Night In" where you're just having a great time and cutting loose. I want people to know [they should] do what they love and don't be afraid to try new things and don't worry about what people will say. Do what you love.

| KATE HARTMAN |

Ralph Nader stands beside the Corvair on display at the American Museum of Tort Law.

PHOTOS BY GARY LEWIS

PINTOS, 'BURNING RAT' AND SCALDING COFFEE …

Welcome to the Tort Museum

BY ERIK OFGANG

As Lilly Gray drove on a California freeway in 1972, her Ford Pinto stalled when it entered a merge lane and was rear-ended by another car traveling at about 30 mph.

It should have been a fender bender. Instead, the Pinto's fuel tank ruptured, releasing gasoline vapors that ignited. The car exploded in a ball of fire.

Gray died, and her passenger, 13-year-old Richard Grimshaw, suffered disfiguring burns. In an ensuing court case brought by Grimshaw and Gray's family against Ford, internal Ford documents revealed the company had secretly crash-tested the Pinto more than 40 times before it went on the market. Its fuel tank ruptured in every test performed at speeds over 25 mph. Eventually these lawsuits and bad publicity led to a recall of the model.

The story of the Pinto and the lawsuit is among the cases celebrated at the American Museum of Tort Law in Winsted, which opened last September and will reopen in April after shutting down for the winter season. The museum was conceived and founded by Ralph Nader, a Winsted native. The museum's name can evoke images of paint drying or algebra homework, but it is a surprisingly dynamic, fascinating and, yes, even fun destination.

A tort is any wrongful act that can result in a civil lawsuit, and tort law is basically personal-injury law. At the museum, Nader

One of the cartoons depicting Ralph Nader's struggle against big corporations.

and co. are so earnest and passionate in their efforts to elevate personal injury lawyers from the punchlines of jokes to the knights in shining suits of the legal profession, it's hard not to get caught up.

"I grew up revering the rule of law and equating lawyers with justice," Nader says. He adds that although there are more than 35,000 museums in the United States, until his, none were dedicated to the law because "museum designers hadn't figured out how to take something as abstract as the law and communicate it."

To solve this problem, designers at the American Museum of Tort Law went for a comic book-inspired "POW!" motif that bristles with dynamics. The space is bright and open with eye-catching artifacts and art that illustrate important moments in tort law. Visitors will meet the "burning rat," a grotesquely comic accident with great importance; revisit the infamous McDonald's hot coffee case, presented here as an example of a big corporation endangering customers for profit (McDonald's, we learn, kept its coffee that hot for a competitive advantage over rivals and received more than 700 burn complaints); and tour an exhibit of dangerous toys, some so clearly unsafe as to be reminiscent of Dan Akroyd's famous *Saturday Night Live* dangerous toys parody (Bag O' Glass, anyone?).

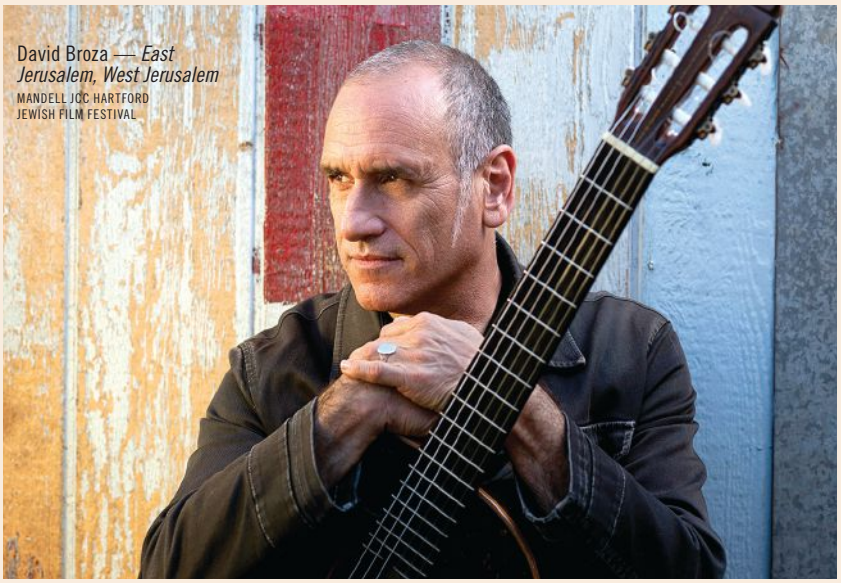
"I call it proof that my parents were trying to kill me," says the museum's director, Richard L. Newman, of the toy exhibit. Newman is a former personal-injury lawyer, who is often on hand at the museum interacting with guests.

Much of the museum is also dedicated to Nader's consumer protection-work. The place's centerpiece is a bright red Chevrolet Corvair, of which Nader publicized the dangers in his 1965 book, *Unsafe at Any Speed*. General Motors allegedly tried to discredit Nader's claims by sending prostitutes to seduce him, an incident tastefully depicted in comic cartoon on a wall next to the Corvair.

It's work that Nader, who is in his early 80s, has been dedicated to for a long time. "I didn't like bullies, even as a little boy," says Nader. When he grew up he says he realized there were a lot of bullies and "one of them was General Motors."

The idea of lawyers being the slingshots for all the Davids trying to stand up to the Goliath corporations is a theme that runs through the museum. "The goal is to bring the law to the people," Nader says. "The law that protects them, that's what tort law is."

860-379-0505, tortmuseum.org



David Broza — *East Jerusalem, West Jerusalem*
MANDELL JCC HARTFORD JEWISH FILM FESTIVAL

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Lights, camera, action! For the 20th year, the Mandell Jewish Community Center in Hartford will present the best of Jewish film in a festival beginning March 31 and running through April 10. Twenty-two international first-run films from eight countries will play in seven venues over 10 days in Hartford and West Hartford.

Opening night of this Rock 'n' Reel-themed festival will feature Israel's ambassador of song, David Broza, who will speak and sing following the screening of his new film *East Jerusalem, West Jerusalem* at The Mandell JCC, a new venue this year. The film tracks Broza's eight-day recording session in the studio of the Palestinian band Sabreen. Numerous award-winning American, Palestinian and Israeli musicians were along for the ride on this "soul-stirring rockumentary."

"Our theme of Rock 'n' Reel brings together the best in music and film for our 20th year," says festival Director Harriet J. Dobin. "'Israel's Bruce Springsteen,' David Broza, is one of the world's top recording artists and he's now a filmmaker, too. His new film, *East Jerusalem, West Jerusalem*, appeals directly to our film and music lovers who also are so passionate about building bridges of peace between Israelis and Palestinians."

Another music-themed film, *Rock in the Red Zone,* about the young, battle-scarred musicians of Sderot, Israel, will play at the Mandell JCC on April 9.

Other films include *Imber's Left Hand* by Middletown native Jill Hoy about her late husband, Jon Imber, an artist who suffered from ALS. Hoy will follow the screening with a talk at The Emanuel Synagogue in West Hartford on April 5. Also, a fun adult stoner comedy titled *Dough*, which stars *Game of Thrones* actor Jonathan Pryce, will be shown on April 3 at Spotlight Theatres and on April 10 at Bow Tie Cinemas Palace 17.

This year the festival has also invited celebrity chef Michael Solomonov of the Zahav restaurant group in Philadelphia and New York to join the fun. Recipes from his new cookbook *Zahav: A World of Israeli Cooking* will be served à la carte before the screening of his film *In Search of Israeli Cuisine* is shown at the Mandell JCC on April 4.

A month-long art exhibition titled *Side by Side* will also run in the Mandell JCC's Chase Family Gallery throughout the festival.

"Rockers, foodies and art lovers will be able to satisfy all of their cravings at our 2016 Mandell JCC Hartford Jewish Film Festival," says Dobin. "Twenty-two films in 10 days, that's a lot of popcorn and people! There's a film for everyone and we can't wait to share them all with our Connecticut fans!" | KATE HARTMAN |

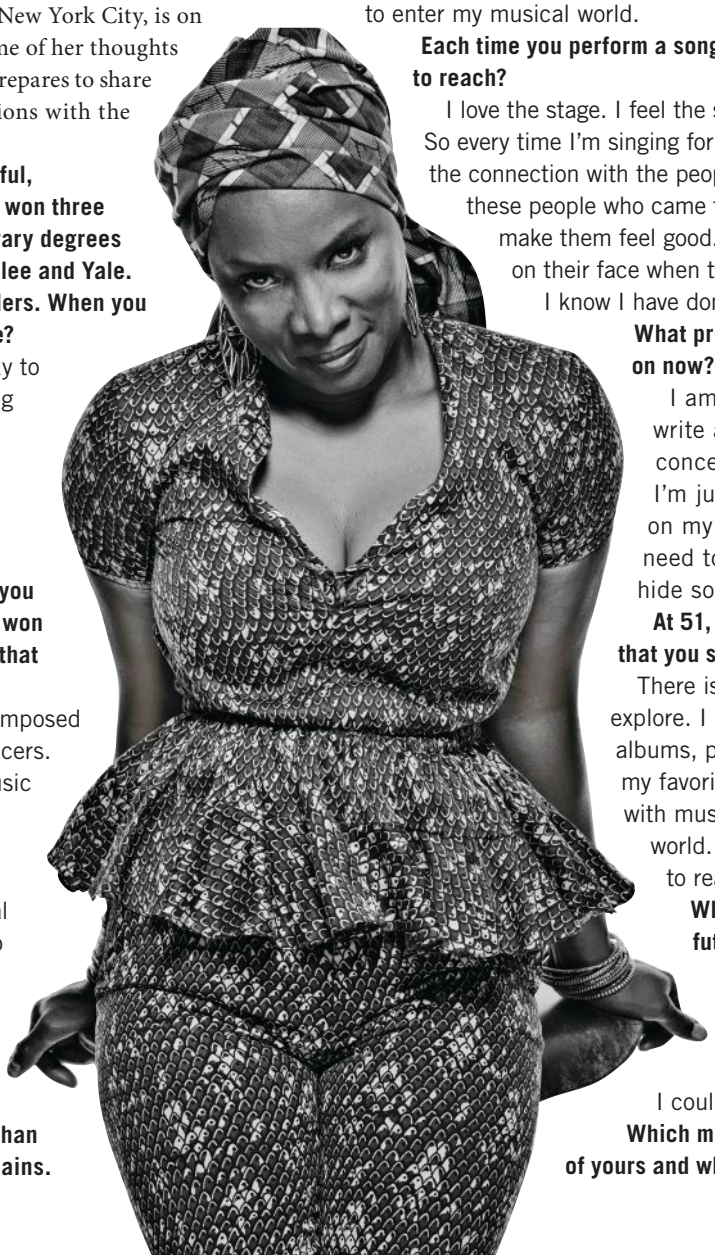
860-233-6316, hjff.org

‘The Queen of African Music’

GRAMMY AWARD-WINNING SINGER HIGHLIGHTS HERITAGE, HUMANITY IN HER MUSIC

BY MARYELLEN FILLO

You may not immediately recognize the name, but the moment she starts to sing you will likely recognize the distinctive voice and music of three-time Grammy Award-winner Angelique Kidjo. A well-known activist, philanthropist, UNICEF ambassador, actor and author, Kidjo will be the featured guest at this year’s Hartford Region YWCA *In The Company of Women* luncheon April 7 at the Connecticut Convention Center. Considered a trailblazer for African music and often referred to as “The Undisputed Queen of African Music,” Kidjo took 2016 Grammy honors in the Best World Music category for her song “Sings.” A married mother of one, Kidjo has been named as one of “The 40 Most Powerful Celebrities in Africa” and one of the “100 Most Inspiring Women in the World.” The 55-year-old, who now lives in New York City, is on the road but took time to share some of her thoughts with *Connecticut Magazine* as she prepares to share her music, her story and her opinions with the women of Hartford.



You have been called the powerful, influential and inspiring. You have won three Grammys and have received honorary degrees from prestigious schools like Berklee and Yale. You have performed for world leaders. When you look in the mirror, what do you see?

I can’t stand still! I feel so lucky to be able to live my passion of being a singer, and this passion has not diminished through the years. I have discovered so much new music that I’m trying to embrace.

Congratulations on your third Grammy! Does it get old? How did you feel that moment you realized you won and what was extra special about that award-winning album?

It never gets old. The jury is composed of my fellow musicians and producers. To think that they listen to my music and like it makes me very happy! This Philharmonic project was unique because I don’t think that has ever been done. Classical music and African music seem so different, but in fact, they share a lot of rhythm and texture in common. I hope the result, like my new version of Malaika, sounds natural and organic.

Your music is so much deeper than mere lyrics and a tune that entertains. Tell me about the parts of your music, the inspiration, the soul, the reason you sing what you do and what you want to tell the world.

My main inspiration is traditional music from Benin. The traditional musicians are often social commentators but they know that they have to create uplifting music to carry their message. This is what I am trying to achieve. Don’t make people feel guilty, just make them dance!

Are there elements of your music that reflect your heritage?

I think so. The shapes of the melodies and the complexity of the rhythm are typically Beninese. People don’t realize it because Beninese music is not as famous as Malian music, for instance, but if you listen to it, you will be surprised by its power and energy.

Why do you think your music is so popular with the mainstream?

I am trying to build a musical bridge between cultures. People from different backgrounds can embrace certain elements of my music and it may be a door that allows them to enter my musical world.

Each time you perform a song, who are you trying to reach?

I love the stage. I feel the stage is my true home. So every time I’m singing for an audience, I truly enjoy the connection with the people. I’m trying to reach these people who came to see me. I’m trying to make them feel good. When I see a big smile on their face when they leave the concert hall, I know I have done my job.

What projects are you working on now?

I am trying to find time to write a new album between concerts all over the world. I’m just back from Africa and on my way to Australia so I need to make a big break and hide somewhere!

At 51, what have you not done that you still want to?

There is so much that I want to explore. I have so many ideas for albums, paying tribute to some of my favorite musicians, collaborate with musicians from all over the world. I am only missing time to realize all my ideas!

Who would you like to do a future album with?

I am working on a project with Philip Glass. I have performed it a few times, and I’m hoping I could release it in an album.

Which musicians are favorites of yours and why?

Of course there are so many. I'm just going to list the ones who influenced me the most as a child. James Brown: I told my Mom, when I grow up I want to be James Brown. She told me that would not be possible but I've tried very hard. Also there is Bella Bellow, a singer from Togo, and Miriam Makeba and Aretha Franklin. All these three were my role models. I still listen to them a lot.

Among the world leaders you have performed for was Nelson Mandela. Tell me about that experience.

Nelson Mandela had such charisma. I had a chance to meet him a couple of times and every time you felt special next to him. He looked very humble and made you feel important when in fact, it should have been the exact opposite. I visited his jail cell with him, Beyonce and Peter Gabriel. This is an experience I will never forget!

You are also involved in more causes than can possibly be listed here. Why have you made giving back such a priority as an activist and humanitarian? Why and when was the first time you helped others? And why do you still do so much?

As a kid, I had access to a great education thanks to the obstination of my parents who sent all of their 10 kids to school. Also, UNICEF provided me with vaccinations … I just wish that all the young people in Africa could have the same chance as I did. The continent is my main source of inspiration, so I'm trying my best to support the movement to improve it.

So much, they say, is wrong with this world, politically, economically, socially and beyond. What's your take on this world of ours?

I'm not going to be able to answer this question in a couple of sentences. My main belief is we should embrace each other's cultures much more. But world politics tend to push in the opposite direction. Divide to conquer, they say. Unfortunately, politicians don't realize the long-term harm that those rhetorics create in people's psyche.

Friends who not only admire your music but your "outside" as well have asked me to find out your exercise and beauty routine.

I try to exercise every day a little bit. Which can be hard when you are travelling a lot. And I'm also very careful at what I eat. I have a passion for cooking, so every time I have the opportunity, I will cook very healthy food with great ingredients. The sad reality is that healthy food is more expensive than junk food, which creates another form of social inequality.

You will be the special guest at this year's Hartford YWCA *In the Company of Women* luncheon. Will you be singing, and what will your message be?

I think there will be some singing for sure, and you have to join if you want to hear my message! I want to share my story and show how beautiful and rich African culture is.

What is something most people don't know about you?

As I mentioned before, few people know about my passion for cooking. I am getting so impatient staying in a music studio for a long time, but I can stay in my kitchen for hours and hours. I wrote some recipes in my memoir, *Spirit Rising*, because I want the world to know how good African food is. People have no idea.

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Seeing Double Diana Ross

Want to get behind the scenes for upcoming theater events? Frank's column will be a hotline to the major players behind the leading shows each month — along with insider info about hits yet to come.

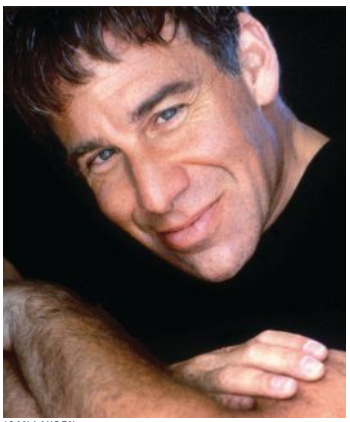
AL WATSON

Allison Semmes as Diana Ross (inset), and Julius Thomas III as Berry Gordy, in the first national tour of *Motown: The Musical.*
(C) JOAN MARCUS, 2015

Just as the touring company of Broadway's *Motown: The Musical* is leaving The Bushnell in Hartford at the end of March, Diana Ross arrives April 3. I wondered if Allison Semmes, who plays an uncanny Ms. Ross in the touring production, is going to be leaving a note in the dressing room for the divine one? "I have been portraying her for almost two years and I have been blessed to meet and been embraced by every living Motown legend from Stevie Wonder to Smokey Robinson," she says. But, so far, no Ms. R, who has been mum about how she is presented in the show. "I must admit a part of my heart is broken that I haven't met her yet, but I've come to peace with it," says Semmes. Sometimes you just can't hurry love. *bushnell.org*

Feeling *Wicked*?

Stephen Schwartz — the composer of the Broadway smashes *Wicked*, *Pippin* and *Godspell* — will have a spotlight of his own when he takes the stage at the Ridgefield Playhouse (not far from his Litchfield County home), performing songs from his shows with a group of Broadway pals and sharing some backstage tidbits. But what about the green-lit *Wicked* movie? Schwartz tells me he is working with Winnie Holzman on "the overall film structure, on which Holtzman will base her screenplay. I do think there will be a couple of new songs." Schwartz is also writing music and lyrics for a new show, *Schikaneder*, which opens in Vienna in September. Also on tap is a stage adaptation of the film *Prince of Egypt* and a new musical movie with composer Alan Menken. Who do *you* want to see starring in the role of Elphaba? Email me at *FrRiz@aol.com* or tweet me @ShowRiz. *ridgefieldplayhouse.org*



JOAN LAUREN

Founding Daddy

Was the father of our country gay? After all, the good general loved to be surrounded by handsome men in crisp uniforms. That's what Larry Kramer asserts in *The American People: Volume 1: Search for My Heart: A Novel*. I remember talking with Kramer years ago and the gay activist (founder of GMHC, ACT-UP), author (*Faggots*), screenwriter (*Women in Love*) and playwright (*The Normal Heart*) was deep into his opus — at that time, already 20 years in the writing. He told me he wasn't sure if he would finish the epic work before, well, you know, his own final chapter. But last year the book finally came out, and Kramer is still here and hard at work on the book's Part Two. He will no doubt be speaking ever boldly at Hartford's Mark Twain House & Museum on April 16 at 7 p.m. And yes, he asserts Mark Twain was gay, too. *marktwainhouse.org*

Frank Rizzo has covered the arts+entertainment scene in Connecticut since disco reigned, with nearly 34 years writing for The Hartford Courant. *Email him at FrRiz@aol.com. Follow him on Twitter @ShowRiz.*

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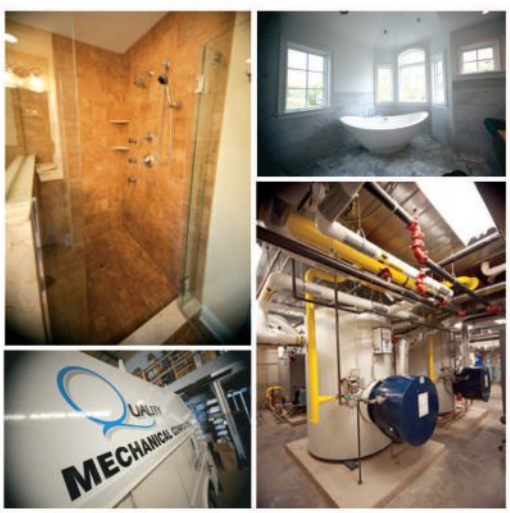

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TESTIMONIALS of SMALL MIRACLES

Adele, Age 75 "For many years, I have suffered from lower back pain and pain radiating down both of my legs to my feet from an accident. Every time I exercised or moved just the wrong way I'd have pain that would last for a long time. I couldn't even roll out of bed without extreme pain. After the third visit all of my pain was gone. It was my own little miracle. I was very impressed by the care but also by the fact that the doctors were knowledgeable and very personable. The staff was friendly and helpful and I would recommend their treatment to everyone with neck or back pain."

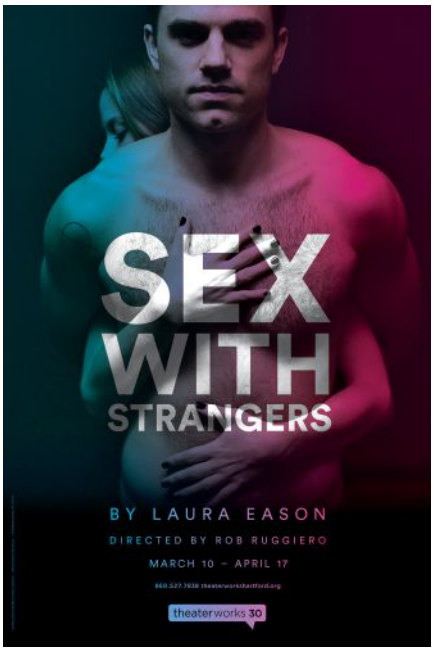
Jack, Age 37 "I was working as a Police officer in April when I was injured on the job, lost the strength in my left arm and hand and had a lot of pain in my neck and midback. I saw many Doctors for 6 months with no resolution to my problem, whether Physical Therapy, Steroids, Pain Medication, or Nerve Block. The Surgeon wanted to do a 3 level fusion on my neck as the last treatment option. I saw the ad in the paper and decided I didn't have anything to lose and to give it a try, but it was my last chance before getting surgery. After my second visit I had regained all of my strength in my left arm and hand and had minimal pain in my neck. My life has drastically improved."

Duane, Age 77 "I woke up one evening with severe pain going down my right leg and went to a Doctor who couldn't tell me what was wrong. He told me to go home, take a hot bath and in a week if it didn't go away to come back. I had an MRI showing a bulging disc in the lower spine, with arthritis and gout. A family member told me about the Deep-Tissue Laser Treatment®, and after the first session the pain lessened significantly. At the end of the visit I could move around great. By the 5th or 6th visit I had no more pain in my leg and lower back. I am extremely satisfied, my legs are stronger, and I am standing up straight. This has been a fantastic thing and it all happened in 4 to 5 weeks. If I could tell you anything it would be to not take pain killers or have surgery until you experience incredible **Deep-Tissue Laser Therapy".**

Do you think I'm sexy?

When David Harris starred as Jean Valjean last year in UConn's Nutmeg Summer Series production of *Les Miserables in Concert*, the Aussie hunk elicited many a swooning sigh from audiences, singing "Bring Him Home." (There were quite a few in the audience who wanted to do just that.) Now he's starring in the Goodspeed Opera House's *Anything Goes*, in a role that isn't particularly famous for its sexual heat. But Harris may change all that. Witness a shot of Harris showing his washboard abs to an admiring Betty Buckley, which is making the Facebook rounds. "She's a hoot," says Harris of Buckley, with whom he worked Down Under. As for his Instagram-friendly physique, Harris, who is now based in New York City, says he's always been a healthy guy. "The gym is my church," he says. Amen to that. The show runs April 8 to June 16. *goodspeed.org*

EDNA MARKEY

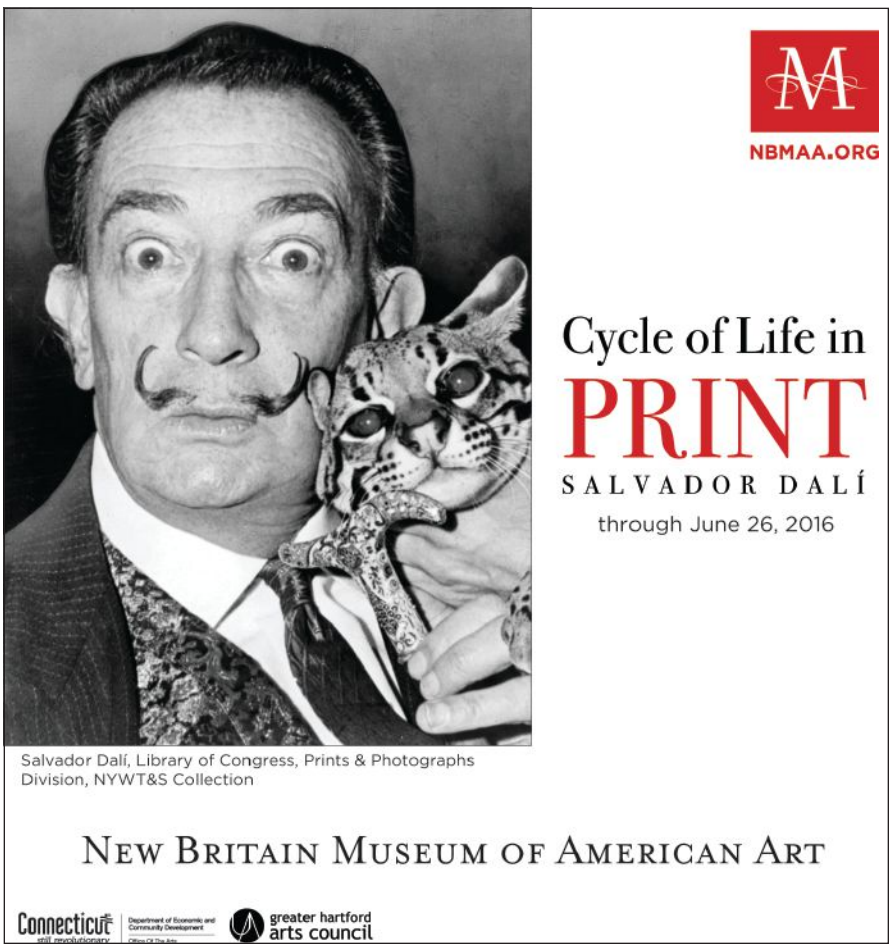


And more sex appeal

How does a director cast actors when the main ingredient is sexual combustibility? That's what faced Rob Ruggiero for *Sex With Strangers*, a play he is staging at Hartford's TheaterWorks, now playing through April 17. Ruggiero first cast Patrick Ball as half of the strangers-with-benefits couple and then watched how Ball responded to auditions with other actresses. When it came time for Courtney Rackley to try out, "there was something special there," says Ruggiero. Ball confided to the director, "She's *so* the kind of girl I would hit on." Bingo! *theaterworkshartford.org*

Behind the curtain

There was much to-do when it was announced that screenwriter-playwright Aaron Sorkin (*Steve Jobs*, *The Social Network*) would pen a new stage adaptation of *To Kill a Mockingbird*, based on the beloved book by the late Harper Lee. But overlooked was the fact that Pulitzer Prize- and Oscar-winning writer Horton Foote, very quietly, penned for Hartford Stage an uncredited adaptation in place of the not-very-good stage version that Lee originally OK'd just for schools, which over the decades made its way onto regional stages. The 2009 Hartford production starred Matthew Modine. Foote, who would have been 100 last month (he died in Hartford in 2009) won an Oscar for his elegant screenplay. Foote fans will no doubt keep careful watch to see that nothing from the screenplay — which featured elements not found in the book — is used in the new Broadway-bound production.



Looking for a refund on a used car? Buckle up for a bumpy ride

The total-satisfaction shopper has probably never bought a problematic used car.

"Getting a refund on a used car isn't like buying a shirt from a store and bringing it back," says Ryan Conway, who owns Shamrock Motors in East Windsor. "It's just not like that."

Until she bought a 2008 Honda Accord from Shamrock last fall, Latoya Bryan of East Hartford had never purchased a used car. But it made sense to treat it like a $13,000 dress shirt after the engine started making loud, ominous noise only days after she brought it home. Who wants a noisy shirt?

Bryan paid $9,995 for the four-door sedan with 94,274 miles, agreeing to the "as-is" sale price after paying an additional $1,795 for a 48-month extended warranty. Taxes, registration and an annoying $295 processing fee, known as the dealer conveyance, pushed the total cost past $13,000.

"I had the money to buy a new car," says Bryan, 34, who works at the Manchester post office, "but I was just trying to go the cheap way. I didn't want a long-term debt."

Paying $13,000 for a 7-year-old Honda Accord approaching 100,000 miles isn't exactly cheap. Once she bought the car, she wasn't getting her money back.

A new-car buyer can request a refund through Connecticut's Lemon Law regulations by filling out at arbitration form from the state's Department of Consumer Protection. The Lemon Law covers defects in the first two years, or first 24,000 miles, of new-car ownership. A used car no older than six years purchased from a dealer, however, comes with only limited warranty coverage:

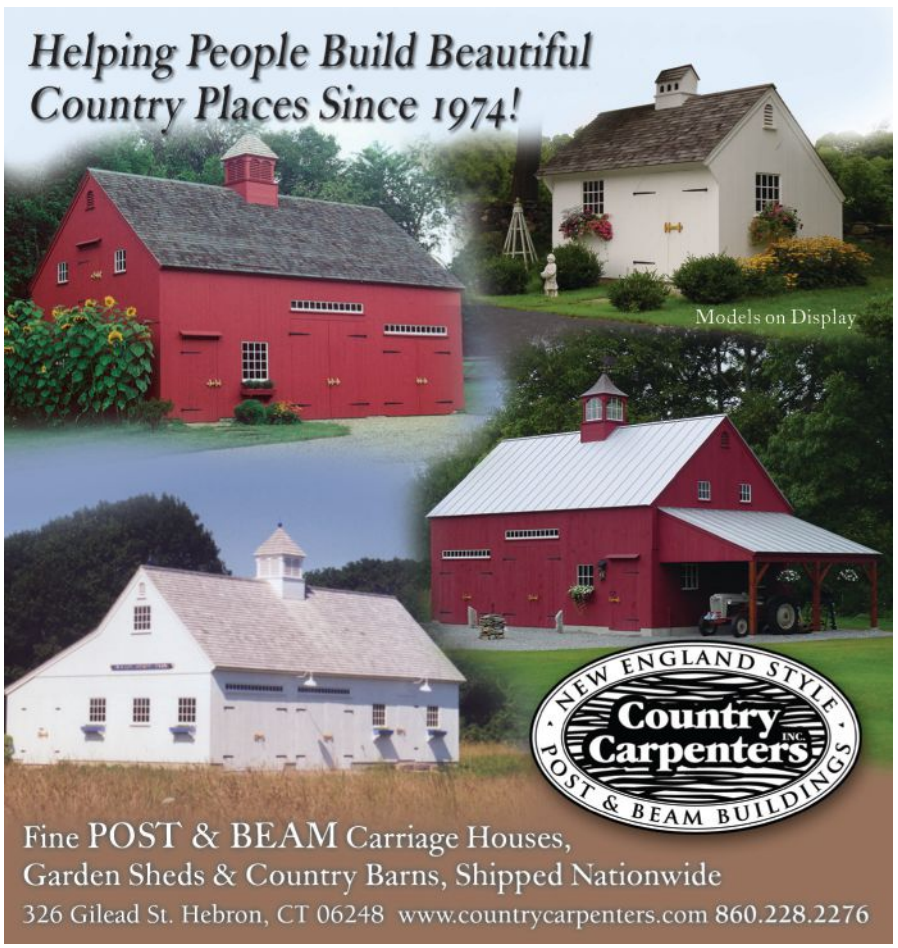
- Total purchase price at least $3,000 but less than $5,000: 30 days from purchase or 1,500 miles, whichever comes first.
- Purchase price $5,000 or more: 60 days or 3,000 miles.

State law obligates used-car dealers to sell vehicles that are "mechanically operational and sound" when purchased and during any warranty period.

Bryan's Honda, beyond the state's six-year limit, reverted to Shamrock's "as is" terms and left her at the mercy of a third-party extended warranty, notorious for finding loopholes to deny coverage.

"There's a question whether it's an unfair trade practice to sell a car 'as is' but with a service contract," says Daniel Blinn, a Rocky Hill consumer lawyer who devotes much of his practice to auto-related cases. "A dealership can give the impression somebody is covered when, in fact, there's a gap. The service contract doesn't cover defects at the time of the sale."

So Bryan filed a complaint with the state Department of Motor Vehicles (visit the Consumer Complaint Center at www.ct.gov/dmv). She also contacted The CONNsumer.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Shamrock Motors inspected the car, says Bryan, but when she didn't receive a definitive repair date, she took the car to a Honda dealer, Liberty, in Hartford. (Good move, but a little late: When buying a used car, always have a qualified mechanic inspect the car before the sale.)

Liberty Honda recommended replacing the transmission, making Bryan feel even worse about her buy-used decision.

"When you're a female and you're young," she says, "you're blinded to stuff. I learned a lot about buying a car."

When The CONNsumer first spoke to Conway, he says Shamrock Motors was willing to repair the car but needed it for up to 10 days.

"My mechanic verified there is noise in the transmission," he says. "No problem, we'll take care of it. We'll outsource it to a transmission specialist. If you went down to the nitty-gritty, I didn't *have* to do anything, but that's terrible business."

The DMV did, in fact, call Shamrock Motors, but the dealer insisted it never refused to repair Bryan's car. (Bryan says Shamrock Motors agreed only after her complaints to the DMV and The CONNsumer.)

"She's hellbent on returning the car," says Conway, "and we told her that's not possible. That's not how used-car laws work."

Bryan now knows that getting a full refund on an as-is, used-car sale is more like Powerball, 290 million to 1. It doesn't happen.

A used-car dealer must, according to state law:

- Include all legally required express warranties in the contract.
- Include all promises related to repairs in the contract.
- Allow a prospective buyer or mechanic to inspect the car before the purchase.
- Tell the buyer when a vehicle is sold "as is."
- Honor an expired warranty if notified of a claim during the warranty period.

None of this applies for private auto sales, which are not regulated by the state Department of Motor Vehicles. An unresolved private-sale complaint is a civil case for small claims or Superior Court.

Even with the Honda's transmission repaired by Shamrock, Bryan still regrets buying the Accord.

"I would never buy a used car again in my life," she says. "Ever."

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By MICHELLE BODAK ACRI

Celebrate Spring

Maybe it's the daffodils. Or the sunshine. Or the fresh breeze wafting in from windows we've thrown open in, well, every room in the house. Whatever it is, there's something about spring that makes us positively giddy with excitement. Indeed, 'tis the season to celebrate new beginnings and new adventures, and as far as we're concerned Mystic Country is *the* place to do just that.

Fine spots to feather your nest, romantic inns where the pillow talk is long and leisurely, world-class dining with water views to match … we've got it goin' on. So pack away that winter coat, gather up an armload of sunshine and head our way: Blue skies ahead!

Nesting instinct

Time to refresh your bower (or nest) for spring? Look no further than **The Bowerbird** (860-434-3562 or thebowerbird.com) in Old Lyme. This Mystic Country landmark, celebrating its 27th year (!) in business in 2016, specializes in what the friendly folks here like to call "impulsive necessities™"— some 4,500 square feet of them as a matter of fact. We're talking anything and everything: gadgets for your kitchen and gizmos for your pet, the latest faves in jewelry, the entire Vera Bradley collection (*love* new Blush Pink and Camocat Blue), baby gifts, gourmet goodies (Raspberry Peach Champagne Jam from Stonewall Kitchen — yum!), greeting cards from more than 60 companies, a custom stationary department, skin care (ah, Savannah Bee Co. Royal Jelly Body Butter), books, garden accessories — phew! Seriously: more than 2,000 vendors are represented here — more than enough to make an afternoon of it.

New to the nest for spring: hot, hot, hot MantraBands like "Let Your Light Shine" and "Soul Sisters," made of hypoallergenic and tarnish-resistant stainless steel, a vintage-style glass double picture frame and curved-top iridescent trinket box from J. Devlin, and stylish, reversible, easy-care raincoats for when you must leave the nest. No one is left out; whether newborn or teen you *will* find what you need at The Bowerbird. And to bring everyone together, whether aged 6 or 106, there's ChatPack™ Original, whose 156 cards each feature a quirky question guaranteed to get everyone talking, whether at a dinner party, on a family road trip or in a business meeting. (Hmmm … what *would* we name our racehorse if we could enter the Kentucky Derby?)

Of course it's not just inside the home that needs to be readied for spring: The Bowerbird has got in goin' on for porch and garden as well. To consider: a recycled-glass Terrarium Kit, *The Flower Gardener's Bible* to help plan your perfect garden, calming Gregorian Chimes tuned to a medieval scale, an eye-catching tabletop Fireside Swirls Firepot that is safe for both indoor and outdoor use, a Soji™ Silk Effects solar-powered lantern to cast a shimmering glow, and a "Lunch Pail" Hummingbird Feeder made of recycled glass to welcome back even the tiniest of visitors.

Inn love

During the first two decades of the 20th century, the village of Old Lyme, current home of the **Old Lyme Inn** (860-434-2600 or oldlymeinn.com), was the setting for one of the largest and most significant art colonies in America. The Lyme Art Colony, centered in the Lyme Street boardinghouse of one Miss Florence Griswold, drew artists the likes of Childe Hassam, Willard Metcalf, Matilda Browne and William Chadwick, who often spent their days painting *en plein air* while breathing in the glory of the Connecticut countryside.

The building that now houses the Old Lyme Inn was constructed circa 1856 and was the center of a 300-acre working farm. In fact, at the turn of the century many of Old Lyme's famous Impressionist artists staying across the way with Miss Florence hauled their painting wagons into the fields and woodlands of the farm and used its barn as a studio.

Each of the inn's 13 guest rooms was fully restored in April 2012 so that new (flat-screen televisions, gas fireplaces and organic linens) and old (antique furniture original to the inn and local artwork) mix nicely. To consider: Room six, a pleasing mix of bold florals and soft neutrals whose views of Lyme Street and the Florence Griswold Museum are the best in the house.

At the restaurant, menus change seasonally in order to encompass locally sourced produce, meats and seafood, and dishes run the gamut from traditional selections to unique options that the folks here like to think will "challenge the way you think about food."

Later on, check out what's doin' at the inn's SideDoor Jazz Club, named one of *DownBeat* magazine's 2016 Best International Jazz Venues. April dates include the Bobby Broom Trio on April 1, Allan Harris on April 2, Dr. Lonnie Smith on April 7, the Matt Baker Trio on April 8, the Eddie Allen Quintet on April 9, the Renee Rosnes Quartet on April 15, the Manuel Valera Trio on April 16, Transient Beings on April 22, Karrin Allyson on April 23, Delfeayo Marsalis & The Last Southern Gentleman Tour on April 24, the Christian Sands Trio on April 29 and the Dave Liebman Expansions Quintet on April 30.

30 years — and counting

Water's Edge Resort & Spa (860-399-5901 or watersedgeresortandspa.com) on Long Island Sound in Westbrook is all about gorgeous ocean views — and then some.

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Weddings, Rehearsal Dinners, Bridal Showers & more...
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Perfectly landscaped gardens, great green expanses of manicured lawn overlooking the water, a private white-sand beach, restaurants, entertainment, a premium spa … the list does seem to go on and on.

And, yes, this grand 20-acre beachfront resort, known by generations of loyal visitors as "a little piece of heaven" along the coast of Westbrook, has been a top spot for both family vacations and romantic getaways for more than 30 years. It's where memories are made.

Bill Hahn was Water's Edge's original innkeeper, humanitarian and consummate "host with the most" back when the resort began as a quaint seaside hotel. Hahn's love for people and appetite for fun were legendary and he was known for showing his guests a good time, whether at a rousing New Year's Eve celebration, Fourth of July picnic to end all picnics or one of the myriad charity events he hosted each year. Hahn also viewed the Water's Edge dining room as a stage for local talent … and began a much-loved tradition that continues to this day via local acts and traveling shows such as "Joey and Maria's Comedy Italian Wedding," "Joey and Maria's Hawaiian Honeymoon," "Echoes of Sinatra" and an annual "Sonny & Cher Tribute."

Hungry? Beautifully renovated Dattilo Fine Italian at Water's Edge offers a water view like no other, not to mention fresh, creative and bold cuisine with flavors reminiscent of old-world Italy, seamless service and an abundant wine list. The sunset viewed through its floor-to-ceiling windows is a dining experience that should be had by all.

Seaview Bistro, meanwhile, has bountiful weekly specials available through the end of April. You can add some excitement to your Monday with $5 margaritas, try the $28 prix fixe prime rib on Tuesdays or surf and turf on Wednesdays. Senior specials offer 25 percent off on Thursdays, while every Friday is Ladies' Night, with dollar drinks from 5 p.m. to 7 p.m. and live entertainment throughout the night.

And if there's a wedding in your future? Water's Edge's three exquisite ballrooms welcome back families and friends for life's sweetest events, most especially brides and grooms ready to take the ceremonial walk across the lawn and say "I do" with the blue of the Long Island Sound as their backdrop.

Finally, let's not forget what spring next brings: Mother's Day is May 8 and Sunday brunch just happens to be a Water's Edge specialty. Think along the lines of farm-fresh omelets prepared to order, pasta, crêpe and carving stations, eggs Benedict and brioche French toast, sweet-and-sour glazed salmon, curried pork loin and a bountiful Viennese dessert table loaded with delicacies expertly prepared by the resort's international pastry chefs.

Water's Edge
RESORT & SPA

Celebrating Our 30th Anniversary

It seems like some of our best memories happened around water: Swimming Lessons in the Pool, Overnight Camp at the Lake, Vacations with Family Along the Shore. Well, Water's Edge Resort & Spa is on the water and it's where Connecticut goes to find the shore. See why Water's Edge has been welcoming back visitors and families for decades.

Upcoming Events

Sat., April 23, 2016
Sonny & Cher
A Groovy Ride Down Memory Lane

Sun., May 8, 2016
Mother's Day Brunch
Seatings from 9:00am - 4:30pm

Sat., May 14, 2016
Adam Oliensis
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The Barn Yard & Great Country Garages

In 1934, John Steuart Curry (1897–1946) painted a pair of fresco murals, *Comedy*, illustrated here, with Mickey Mouse, and *Tragedy* on the walls flanking the auditorium stage of Bedford Jr. High School (today's Kings Highway Elementary School), in Westport.

COURTESY, WESTPORT SCHOOLS PERMANENT ART COLLECTION

PHOTOGRAPH BY GEORGE ADAMS

It's a Small World

By Garry Apgar

Walt Disney was born in Illinois, raised in Missouri and lived his entire adult life in California. No other state — other than Florida, of course — can lay meaningful claim to Disney in any way. Except, that is, for Connecticut, which boasts many fascinating links to the man who sired Mickey Mouse, including some surprising connections to his signature character.

Walt Disney (top row, center, dwarfed by two men standing to his immediate right) in a photograph of his unit at Camp King, Sound Beach, Connecticut, circa early to mid-November 1918. The signature in the lower right is that of Major H. P. Harding, Disney's commanding officer, seated in the chair. COURTESY, THE WALT DISNEY FAMILY FOUNDATION, SAN FRANCISCO, CALIF.

In April 1917, the United States entered World War I. Two months later, Disney's older brother, Roy, joined the Navy; in July 1918, another sibling, Ray Disney, was drafted into the Army. Meanwhile, in the fall of 1917, after completing eighth grade in Kansas City, Walt started his freshman year at McKinley High School in Chicago. He contributed patriotic cartoons to the school magazine in support of the war effort — his dream at that time was to draw political cartoons — but once classes let out in June, he was determined to get in uniform himself.

Not yet 17 years old, Disney was too young to legally enlist in the military. So he fudged his age and in September 1918 joined the Red Cross Ambulance Corps, much as his fellow Illinoisan Ernest Hemingway had done, and was assigned to a training unit at Camp Scott in Chicago, where he received basic instruction in mechanics and driving. In a memoir published in 1939 by a man who had served as a sergeant in Walt's original unit, the author, Ellis E. Wilson, said the American Red Cross was "militarized and is mobilized and conducted as a regular military organization."

In November 1918, Walt was sent

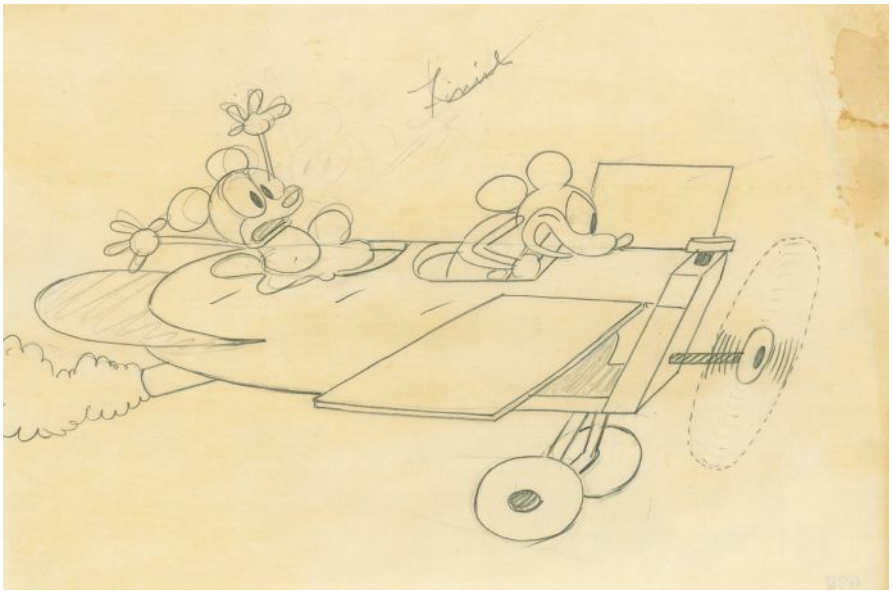
Ye Old Greenwich Inn, future training site for several weeks in 1918 of Walt Disney's Red Cross unit, Company A, from a postcard printed no later than 1910. IMAGE, COURTESY GARRY APGAR

to Camp King at Sound Beach, Connecticut. Camp King was located on Long Island Sound, at Ye Old Greenwich Inn on Greenwich Point, a mile south of present-day downtown Old Greenwich. The inn was described by Sgt. Wilson as "a large wooden building and well furnished hotel which had closed for the season," and had been leased to the Red Cross "to house the boys until sent overseas."

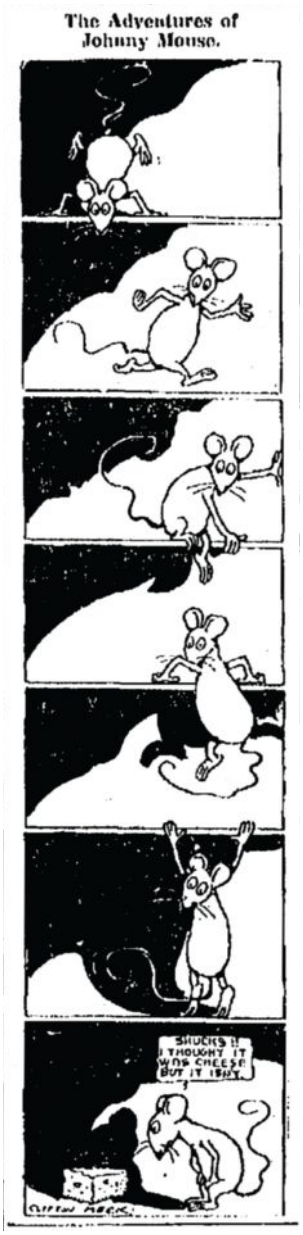
Ray Kroc, founder of the McDonald's empire, was in Disney's outfit. They seem not to have been acquainted at the time, but 36 years later, Kroc wrote to his former mate "to inquire if there may be an opportunity for a McDonald's in your Disneyland Development." Kroc prefaced his pitch by saying, "I look over the Company A picture we had taken at Sound Beach, Conn., many times and recall a lot of pleasant memories." (There was, it turned out, no "opportunity" for McDonald's at the Disney park being built in Anaheim, and is no evidence of any further contact between these two master entrepreneurs.)

Walt rarely spoke about his experience at Camp King, which lasted two short weeks. Although in an interview in the mid-1950s with an early biographer, Pete Martin, a writer and editor with the *The Saturday Evening Post*, he joked about "spending half the time" at Sound Beach in the guardhouse, and on kitchen patrol, as punishment "for just clowning." Apparently, he was not alone. Sgt. Wilson wrote in his memoir:

> Because of infractions of regulations several mischievous boys were confined in the guard house which in army language is called the "hoosegow," on a bread and water diet with green apples for dessert. Our daily life seems to be made up of a series of incidents. And some who were fat are getting thin and some who were lank are getting fat.



Graphite-pencil animation drawing for *Plane Crazy*, by Ub Iwerks (1901-1971), circa March-April 1928. COURTESY, THE REV. ED BERGEN **Below:** *The Adventures of Johnny Mouse*, by Clifton Meek (1888-1971), from the *Des Moines Register* on July 31, 1913.

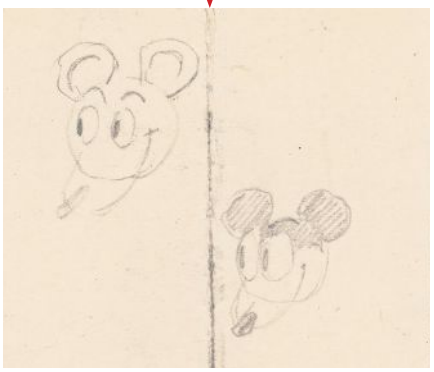


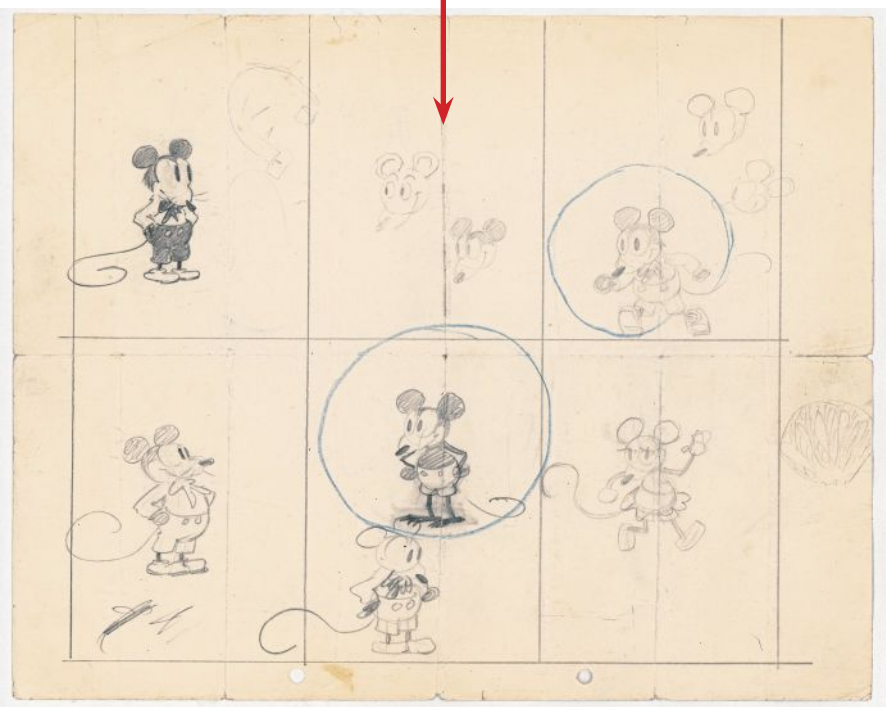
Making Mickey

The Armistice effectively terminating World War I was signed in 1918 while Disney was in Connecticut. Still, Walt got his wish to make it "over there." He arrived in France in early December 1918, spent some time in Paris, and ultimately was based in Neufchâteau, as the driver of a Red Cross canteen car catering to troops based near the silenced battlefields. A highlight of his 11-month stint in France was the honor of driving his boss, Miss H. Alice Howell, and the 10-year-old son of General John J. Pershing, commander-in-chief of the American army, on an outing to Domrémy, birthplace of Joan of Arc.

Discharged in September 1919, Walt returned to Kansas City and was hired by a firm specializing in ads in the form of lantern slides and film footage flashed on the screens of local movie theaters. This got him hooked on movie-making and animation. He also launched several sideline ventures involving cartoons and motion pictures, but by August 1923 was heavily in debt. To make a fresh start, Walt joined his brother Roy, the future financial head of the Disney studio, in Los Angeles, where Roy was being treated by the VA for tuberculosis, contracted during his wartime service.

In partnership with Roy, Walt found his true calling, beginning with a string of shorts featuring a live-action girl named Alice in a fanciful Cartoonland, followed by a popular all-cartoon Oswald the Lucky Rabbit series, produced for Universal. In a March 1928 meeting in New York, however, to renew his contract for Oswald, Walt was offered less



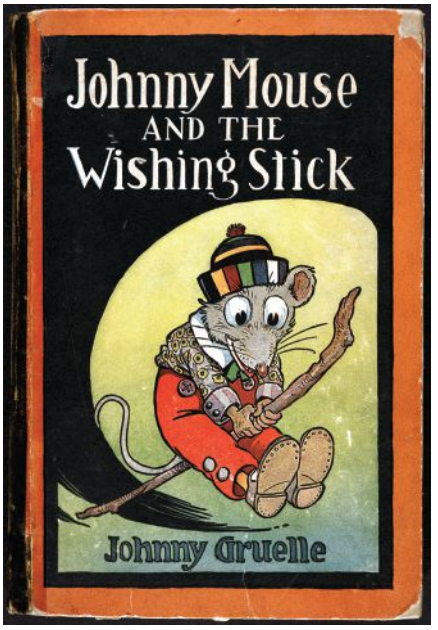


Above: Sketches of Mickey and Minnie Mouse, attibuted to Ub Iwerks, circa March 1928. The two mice circled in blue probably represent Walt's first and second choices for how Mickey should look, with the one in the center emerging as the "winner." The "Mortimer" mouse in the upper left, which Disney scholar Michael Barrier has called a "Johnny Gruelle version of Mickey," shares some similarities with Clifton Meek's Johnny Mouse.
Top left detail: A Meek-like head with rimmed, saucer-like ears. COURTESY, THE WALT DISNEY FAMILY FOUNDATION

money per film than he'd been receiving. He refused and, with his wife Lillian, boarded a homebound train, pondering what to do next.

What he did next was Mickey Mouse, conjured up, it's now generally agreed, on the long train ride back to L.A. The story of how Mickey was born is a snarled web of fact, fiction and conjecture. In the end, the mouse that emerged was a bulked-up version of frisky, small-scale cartoon mice that abounded in Walt's Alice and Oswald series. And yet, in a planning session with Roy and his ace animator, Ub Iwerks, prior to production on *Plane Crazy* — the first of the Mickey cartoons actually made, though not the first to be released, because it was a silent — Walt gave at least passing consideration to a distinctly different persona for his fledgling star, as a rather foppish fellow he initially wanted to call "Mortimer."

The only tangible record of how Mickey's graphic look came about is a sheet of pencil sketches belonging to the San Francisco-based Walt Disney Family Foundation. One image on the sheet shows the head of a mouse with rimmed, saucer-like ears quite unlike the Mickey Mouse we're accustomed to. Four sketches show mice in long pants, sporting a frilly Buster Brown- or Little Lord Fauntleroy-style necktie. These figures clearly were inspired by characters, both named Johnny Mouse, drawn by two cartoonist friends with links to the Nutmeg State, Clifton Meek and Johnny Gruelle, creator of the Raggedy Ann and Raggedy Andy characters. Meek and Gruelle lived for a while in the Silvermine arts community near Norwalk, and seem to have amicably traded ideas back and forth with one another.



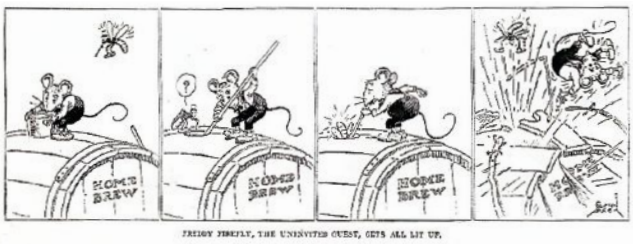
Johnny Mouse and the Wishing Stick (Bobbs-Merrill, 1922), a children's book written and illustrated by Johnny Gruelle (1880-1938).
COURTESY, SAN FRANCISCO ACADEMY OF COMIC ART COLLECTION, THE OHIO STATE UNIVERSITY BILLY IRELAND CARTOON LIBRARY & MUSEUM

Meek probably was the first to draw one of these mice, in a pre-World War I comic strip, *The Adventures of Johnny Mouse*, which Disney was well aware of. In a 1944 interview in the *New York Post*, Walt described Meek as a man "who used to draw cute little mice and I grew up with those drawings. They were different mice from ours — but they had cute ears."

Meek read that interview, and in "A Tribute to the Late Walt Disney," printed in the *Norwalk Hour* in February 1967, two months after Disney's death, he said:

> Needless to say I was surprised and delighted to learn that I had in some small way kindled a spark of inspiration in an unknown country boy who was loaded with genius. From where I sit such a freely offered and unsought acknowledgement is the hallmark of a pretty decent guy. I wrote and thanked him and stated that there still is such a man but that he resigned from the mouse and rat race years ago. … I have never had the slightest thought or feeling that he pilfered anything from me or anyone else. He simply picked up an idea that I had discarded, made a huge success of it and I rejoiced in the fact that I had unwittingly lighted a candle for him.

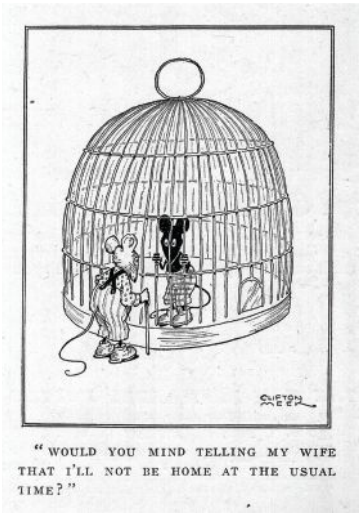
In the 1920s, well after Disney grew up, Meek also published a number of free-standing mouse cartoons in *Life*, which at the time was a popular humor magazine. A half-century



Freddy Firefly, the Uninvited Guest, Gets All Lit Up, by Clifton Meek, with Johnny Mouse, appearing in *Life* on April 28, 1921. COURTESY, THE WALT DISNEY FAMILY FOUNDATION

later, Floyd Gottfredson, who for decades drew the Mickey Mouse comic strip, confirmed Disney's debt to Meek when he remembered seeing "a couple of sketches" of mice — the sheet owned by the Disney Family Foundation — lying about on a conference table at the Disney studio in 1930, some of which, he felt, were "very similar" to Meek's mouse in a drawing in the April 28, 1921, issue of *Life*.

Mickey Mouse debuted in what *New York Times* film critic Mordaunt Hall hailed as "the first sound cartoon," *Steamboat Willie* — "an ingenious piece of work" — on Nov. 18, 1928, at the Colony Theatre, now the Broadway Theatre, in New York. The "leading man" in *Steamboat Willie*, of course, looked nothing like the mice drawn by the two pals from Connecticut. Nor did he bear the name Mortimer, which Lillian Disney, famously, had all but vetoed as sounding too prissy.



Clifton Meek, Johnny Mouse cartoon in *Life* on April 22, 1915. COURTESY, GARRY APGAR

Just how close Walt Disney came to choosing the Mortimer option for his new star, we'll never know, though few would dispute he made the right call.

Stages in Mickey's graphic development, illustration for *Natural History* article, May 1979. COURTESY, THE WALT DISNEY ARCHIVES, BURBANK, CALIFORNIA

Marketing the Mouse: Watches and Pez

Revenue from Mickey Mouse and other Disney cartoon shorts paled in comparison to the income generated by feature films. Walt also was a perfectionist who tended to go over-budget in order to make a superior product. Consequently, he and Roy had to pursue other ways to sustain and grow their business.

A daily Mickey Mouse comic strip kicked off in the *New York Daily Mirror* in January 1930. In February, a deal was inked with Borgfeldt & Co. to sell playthings based on the character. Borgfeldt's most successful item to date was the Kewpie doll, created by Rose O'Neill, a resident of Westport (she and her doll make cameo appearances in John Steuart Curry's fresco, *Comedy*).

Mickey toys were used by movie theaters as display items or promotional giveaways in partnership with local businesses eager to connect with kids. The New Haven Dairy, for instance, like other dairies across the country, had its name printed on the cover of two-color *Mickey Mouse Magazines* distributed in 1933-34 at Saturday movie matinees for children. By 1949, *Collier's* magazine would report that Mickey's "name and face" had been emblazoned "on 2,000 articles of merchandise, including bath towels, wrist watches, Belgian candy, fruit juices, British milk of magnesia and weather vanes," and "saved two companies from bankruptcy, and helped gross upward of $100,000,000 a year for manufacturers using Disney labels."

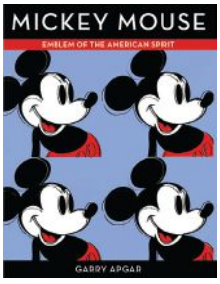
First Mickey Mouse watch, manufactured by Ingersoll-Waterbury Watch Co. in 1933. COURTESY, GREG HEBERLEIN

The most enduring of these commercial tie-ins was the Mickey Mouse wristwatch, manufactured by the Ingersoll-Waterbury Co. of Waterbury, which was widely publicized when it went on sale at the Century of Progress International Exposition in Chicago in

Above: Wire service photo of watches being sold at the Century of Progress exhibition in Chicago in 1933. COURTESY, GREG HEBERLEIN **Below:** Original Mickey Mouse die-cut Pez dispenser, circa 1961, at right, and current version at left. COURTESY, PEZ CANDY INC.

the spring of 1933. According to the *Woman's Home Companion*, "The Ingersoll factory turned out more than a million Mickey Mouse watches in eight months but was unable to keep up with the demand." (They cost $2.95 apiece, a tidy sum during the Depression.) *The New York Times Magazine* said that "by himself" Mickey had restored "a famous but limping watch-making company to health — after eight weeks of his treatment the company throws away its crutches, adds 2,700 workers to its payroll and proceeds to sell 2,000,000 watches."

Mickey and, starting in the mid-'30s, other Disney characters (Three Little Pigs and Donald Duck) would become a constant presence in the nation's consumer culture. Among notable later additions, starting in the mid-1950s, are the candy dispensers bearing the heads of Mickey, Donald and friends manufactured by Pez Candy Inc., whose North American headquarters and plant, since 1974, have been located in Orange.



ABOUT THE AUTHOR **Garry Apgar** is an art historian, former cartoonist and co-author of *The Newspaper in Art*. His new book, *Mickey Mouse: Emblem of the American Spirit*, published by the Walt Disney Family Foundation Press, is the first illustrated "biography" and pop culture study of Walt Disney's iconic graphic alter ego.

High Art and the Ivied Realm of Yale

By the mid-1930s, Disney and his films were being taken seriously by more and more people.

In October 1934, in a personal letter to Rose T. Marucci, an art student (apparently) residing on Lloyd Street in New Haven, Disney said: "It is our theory that artistic ability develops naturally while the execution and technique of the arts comes only after much hard work and practice. Every artist should be able to thoroughly analyze emotions, sensations and reactions. In my estimation, the same requirements apply to any line of art, whether it be drawing, painting, caricature, music, photography or even cooking!" He concluded: "Please understand that my views, as expressed above, are made entirely with respect to our type of work — the art of animation."

Earlier that year, a sophisticated chap was seen in a *New Yorker* cartoon at a cocktail party grousing to a companion: "All you hear is Mickey Mouse, Mickey Mouse, Mickey Mouse! It's as though Chaplin had never lived." *The New Yorker*, in fact, led the way among upper-crust journals in singing Disney's praises. In 1931, Gilbert Seldes, arguably the first critic to take American pop culture seriously, authored a long essay on Walt in its pages.

Seldes was not alone among the intellectual elite. In September 1934, in a telegram from Hollywood, the Pulitzer Prize-winning author and playwright (and Yale graduate), Thornton Wilder (*Our Town*), bragged to his mother back in New Haven that he'd "roller skated with Walt Disney." Two years later, in an interview, Wilder paired Disney with Charlie Chaplin as one of the "two presiding geniuses of the movies."

In December 1932, the Mouse figured for the first time in a work of fine art — decades before he was embraced by Andy Warhol and his pop art brethren — as a detail in a mural commission for the Whitney Museum of American Art, *The Arts of Life in America*, painted by Thomas Hart Benton.

Two years later, Benton's fellow American regionalist, John Steuart Curry, painted two frescoes, *Tragedy* and *Comedy*, on the walls

Walt Disney (second row, center), Gov. Wilbur Cross, the novelists Thomas Mann (*The Magic Mountain*), John Buchan (*The 39 Steps*) and other recipients of honorary degrees from Yale University, standing outside Woodbridge Hall on the Yale campus, June 22, 1938. COURTESY, MARK SONNTAG

of the auditorium of what is now Kings Highway Elementary School in Westport. *Tragedy* depicts a theater stage packed with figures like Hamlet (embodied by John Barrymore) and Uncle Tom, grieving as Little Eva ascends to heaven. The action in *Comedy* is set in a movie house. In this pendant to *Tragedy*, in the words of a 1934 *Time* magazine cover story, Curry "gaily jumbled" Charlie Chaplin with Mickey Mouse and other personages, among whom, in the audience, are Peter Rabbit, Mutt and Jeff, Popeye and a Kewpie doll, perched in a loge next to Rose O'Neill.

Brooke Peters Church, who chaired the committee that supervised Curry's Westport commission, justified Mickey's place in the mural by asking, "who is the world's most popular star today?" She answered her own question:

> Why Mickey Mouse, of course. … Mickey Mouse gets the laughs now. He is as familiar a figure of fun to our children as Punch and Judy were to our parents. To perpetuate him in a school fresco is a recognition of the fact that we perpetuate him in the children's memories. Typical modern comedy is much of it grotesque farce, and to leave this element out of the picture would be to falsify the facts.

Benton's Whitney murals, now at the New Britain Museum of American Art, were unveiled a month after the close of the first exhibition devoted to original Disney art, at the Art Alliance in Philadelphia. Throughout the 1930s, Disney production art was showcased at scores of museums and galleries, including the Art Institute of Chicago, the Museum of Modern Art in New York, Wesleyan University (in November 1933), and New Haven's Munson Gallery, which, in October 1938, hosted what it called the "First National Showing and Sale of the Original Watercolors from Walt Disney's *Snow White and the Seven Dwarfs*."

Galleries across the country acquired what are known as cel set-ups from Disney cartoon shorts and full-length pictures. Cel set-ups are pieces of transparent celluloid on which figures like Jiminy Cricket were inked in outline, colored in with paint on the reverse, then laid over a sheet of real or simulated background art before being matted and framed. Objects like these entered such collections as those at Yale University (in 1949) and Hartford's Wadsworth Atheneum, which in 1939, purchased a *Snow White* cel set-up from Brentano's bookstore in Hartford.

Meanwhile, Disney, the man, was gaining recognition from some of America's leading academic institutions. In June 1938, he

Happy painting on celluloid for the Walt Disney production of *Snow White and the Seven Dwarfs,* 1937. YALE UNIVERSITY ART GALLERY

David Levine (1926-2009), "Saint Walt." Pen-and-ink caricature used as an illustration for an article by John Gardner, "'Saint Walt' The Greatest Artist The World Has Ever Known, Except for, Possibly, Apollonius of Rhodes," in *New York* magazine, Nov. 12, 1973. COURTESY, MATTHEW LEVINE, WESTPORT, CONN.

Jiminy Cricket painting on celluloid for the Walt Disney production of *Pinocchio,* 1939. YALE UNIVERSITY ART GALLERY / BEQUEST OF MISS ELIZABETH MANWARING

received honorary diplomas from the University of Southern California, Yale and Harvard.

Well before USC and Harvard, Yale had considered paying tribute to Walt. In a memo dated Dec. 19, 1935, sent to William Lyon Phelps, a renowned emeritus professor of English at Yale (addressed as "Dear Billy"), Carl A. Lohmann, secretary of the university, asked:

> By the way, are you with me in proposing for the honorary degree of Master of Arts — Walt Disney, who invented America's ambassador who has done more to endear America to the hearts of foreigners than our entire State Department put together?

Billy's reply, penned in large letters in the margin of the original memo, was: "Yes, 1000 times!" In his remarks at the ceremony, on June 22, 1938, as recorded in the *New Haven Evening Register*, Phelps began his citation of Disney's accomplishments as follows:

> In every way an American of the 20th century. Born in Chicago, educated in the high schools of Kansas City and Chicago, he became a commercial artist at the age of 17, and at 18 began his career in animated cartoons. He has the originality characteristic of genius, creating the demand as well as the supply. He has achieved the impossible. He has proved that popular proverbs can be paradoxes — for he labored like a mountain and brought forth a mouse! With this mouse he conquers the whole world.

Among Walt's distinguished fellow honorees at Yale were Connecticut Gov. Wilbur Cross, the German novelist Thomas Mann (*The Magic Mountain*), the British novelist John Buchan (*The 39 Steps*), then serving as governor general of Canada, and a U.S. Supreme Court justice (and Yale undergrad), Stanley Reed.

From Bridgeport to Savin Rock

There are more Disney connections to Connecticut. In the 1938 Howard Hawks screwball comedy *Bringing Up Baby*, Katharine Hepburn (who grew up in Hartford) and Cary Grant find themselves under arrest in an unspecified, verdant quarter of Connecticut, perhaps Westport or Fairfield. A bumbling town constable named Slocum, thinking they're hardened criminals, asks: "Who was with you last month in Rockdale in that mail truck job?" Grant's exasperated response: "Mickey-the-Mouse and Donald-the-Duck."

In terms of more direct connections, Gunther Lessing, a legal counsel and executive with Disney from 1930 till the mid-1960s, attended Yale Law School, and the creator of the *Pogo* comic strip, Walt Kelly, who

Savin Rock Amusement Park in West Haven, which ran along the west side of New Haven Harbor beachfront. What began as a seaside resort in the late 19th century evolved into a general amusement park before closing in 1966. COURTESY, SAVIN ROCK MUSEUM AND LEARNING CENTER, WEST HAVEN

worked for Disney from 1936 to 1941, graduated from Bridgeport's Harding High School. (*TV Guide*, in 1965, quoted Kelly as saying that if you were "hard-working," Walt was "an amazing man to work for. … I thought of him as a genius.")

In the realm of sport, there's the epic 1968 college football game at Harvard Stadium in which underdog Harvard battled the mighty Bulldogs of Yale to a miraculous, come-from-behind tie, during which, at halftime, the Yale band razzed its rival with the "Mickey Mouse Club March."

Five years later, David Levine, the most prolific and esteemed American caricaturist of the second half of the 20th century, drew a monumental pen-and-ink portrait of Walt Disney as the Pope to illustrate an article in a November 1973 issue of *New York* magazine. Levine, who generated thousands of images in a similar vein — a veritable pantheon of writers, artists, politicians and historical figures, past and present — for *The New York Review of Books*, *Time*, *Newsweek*, *The Nation*, and other publications, summered in Westport between 1956 and 1977. According to Matthew Levine, a current Westport resident, his father idolized Disney, and as a young teen applied to the studio for a job as an artist. Matthew says the drawing, *Saint Walt* (page 48), at almost 22 inches high, is the largest caricature by his father he's ever seen.

Finally, there is the rumored interest the Disney company had in the old beach-front Savin Rock Amusement Park, a seasonal operation that had fallen into decline starting in the late 1940s, according to West Haven Town Commissioner Beth Sabo. (The Grand Carousel, the last piece of the park, she notes, was sold off to a Six Flags location in 1969.)

Todd James Pierce, author of the new book, *Three Years in Wonderland: The Disney Brothers, C. V. Wood, and the Making of the Great American Theme Park*, says that in the 1960s the company "looked into a lot of possible sites for expansion eastward. There was even a brief period where Disney considered smaller regional parks — around 1965." In addition, Pierce says, "in the early 1960s, NBC/RCA also looked into New England sites, hoping to attract Disney into a large New England cooperative venture."

There is nothing in local press coverage, or the dozen or so books about the business side of Disney published in recent decades, to confirm the company's interest in the Savin Rock property. However, according to Pierce, if someone acting on Disney's behalf "spent a little time in Connecticut and told some locals that they were exploring locations for a possible Disneyland East park, I wouldn't be surprised at all. But I know of no plans to seriously explore any site in Connecticut for an actual Disney park."

While Disneyland never made it to the state's shoreline, it is true that — from a youthful Walt Disney "just clowning" in Greenwich to a more accomplished man earning an honorary degree from Yale, from Mickey Mouse's roots in the creations of two Silvermine cartoonists to state companies churning out innumerable Mickey watches and Pez dispensers — Connecticut is, in many ways, a land of Disney.

Liberty Pier at Savin Rock amusement park in West Haven. Whether Disney seriously entertained the idea of transforming Savin Rock into a "Disneyland East" park in the mid-20th century has been the subject of debate in Connecticut over the past decades. COURTESY, SAVIN ROCK MUSEUM AND LEARNING CENTER, WEST HAVEN

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WITH GRIT, TALENT AND A FIERCE DETERMINATION, NEW CANAAN'S SILVIA BALDINI ROSE TO THE TOP OF THE HIGH-STRESS ADVERTISING AND CULINARY INDUSTRIES. NOW SHE'S HELPING CONNECTICUT WOMEN ACHIEVE THEIR OWN CAREER TRANSITIONS AND AMBITIONS.

BY MICHAEL CATAREVAS

Silvia Baldini remembers having a little laugh with herself.

There she was last March, at age 46, standing exhausted on the set of the Food Network TV show *Chopped* after a 10-hour day of intense cooking competition. Her final opponent, Cole, a bearded, 20-something hipster from Charleston, South Carolina, had just firmly told the judges there was no way he could or would accept losing to her, and they clearly loved his edgy attitude. In a few moments

FRANCESCO SAPIENZA

Working in her New Canaan kitchen, Silvia Baldini prepares a homemade tart shell for a poached-egg creation.

Silvia Baldini's *Chopped*-winning dessert, balsamic strawberry soup and sweet canederli (poached dumplings).

The Dessert That Won on Chopped

Connecticut's Silvia Baldini was competing in the final round of an episode of *Chopped* last year, against chef Cole, from Charleston, South Carolina, with dessert to determine the champion. Cole's dish, sweet nachos, was well received, but Silvia was unfazed. "I knew mine would win," she says. "I looked over at his, and just knew mine was better."

She was right. Her balsamic strawberry soup with poached dumplings stunned the judges.

"That's one of the most delicious desserts I've ever had in this kitchen, period," said one.

"It was perfectly balanced between the sweetness of the dumplings and the fruit acidity level," added another. "I just finished the whole thing."

FRANCESCO SAPIENZA

one of their desserts would be revealed on the chopping block, meaning second place, while the surviving chef would be champion and collect $10,000.

Pressure for Baldini? More like a piece of cake.

She had survived and thrived through many more stressful situations than that. Born and raised in Turin, Italy, Baldini came to the U.S. at age 17 and would soon work non-stop building a successful career as an art director in high-stakes advertising, then would gamble by rejecting it all to try and become a master chef and food business owner. *That* was pressure.

She'd managed to thrill celebrities with ideas for ad campaigns, then delighted a British prime minister with her cooking skills after graduating top of the class at the legendarily demanding Le Cordon Bleu in London. *That* was pressure.

So feel the nerves that late March night? Please.

The dessert revealed was not hers, and Baldini became the first professional female chef from Connecticut to win on *Chopped*.

A NON-STOP ACHIEVER

Baldini has a variety of projects in motion. Her business, Strawberry and Sage, does catering and food preparation, event management, menu development for restaurants, media consulting and more. She's writing a book, *Tray Chic*, about the art of sharing food and the craft of cooking. She has a blog and websites that offer cooking advice, stories and recipes, and often appears on food-oriented and morning TV shows.

Baldini lives her company's "share food" motto with communities throughout Connecticut. She is constantly donating her time and skills, from speaking to women's groups and school classes about her career transition to giving cooking demonstrations and making meals for charity events.

"I'm also working on a TV pilot project featuring Connecticut women who have changed careers and are now in the food and hospitality business," she says. "I've gotten so many emails and letters from women asking if I think they should do this or that. There is so much untapped talent with women, but sometimes they need a push, and a network.

"I also tell them it's not all roses and champagne. If you have something you are passionate about, go for it. Just be aware there are consequences. Working in the hospitality industry is hard, and the days are long. Many people have a dream of owning a restaurant, a country inn

or a food store. They need to realize the amount of work required, and the hours."

FAMILY FIRST

To interact with Baldini in her New Canaan house's smallish but well-stocked kitchen can be somewhat unnerving, knowing that along with her smiles and jokes she can simultaneously create a meal that equals, or more likely exceeds, the

COURTESY, FOOD NETWORK

Above: Silvia Baldini, far right, competing in a follow-up episode of Food Network's *Chopped* after winning on the show last year. Host Ted Allen, far left, speaks to the competitors before the appetizer round.
Left: Baldini plates her main course on the episode she won.

best effort of most every chef on the planet.

She cooks daily for husband Michele (pronounced Mi-KAY-la), a mathematician working at a hedge fund in New York, and their children, Augusto, 9, and Valentina, 7.

Her spoken English is charming, if a bit fractured, Italian being her native tongue and the language spoken exclusively within her family. But as Cole found out, it's a mistake — a rather large one — to underestimate her toughness and iron will.

On a frigid February morning, while preparing brunch, she scoffed that her kids complained about school being open that day.

"I told them it was canceled twice already this winter because of snow. I grew up in the mountains of Italy and remember not being able to go to school one day in 17 years."

School cafeteria food was also a jolt to her children, who are used to their mom's superb cooking.

"First they wanted to be like all the other kids," she says. "They ate the school food for a few days, then my daughter asked if I could set the alarm clock a little earlier and start making her lunches. Now we do it together."

Baldini's mother died when Silvia was in her teens. She explains that her mom taught her to enjoy food and cooking.

"She was a wonderful and talented woman," Baldini says wistfully. "She indeed loved cooking and family, and passed her passion and many recipes to me. I love making her risotto and brasato. But my becoming a chef had nothing to do with her. I followed my own dream in my late 30s, making a change in career. I like the story of women being able to

BALSAMIC STRAWBERRY SOUP AND SWEET CANEDERLI (POACHED DUMPLINGS)

Servings: 4-6
Prep time: 45 minutes
Cook time: 15 minutes

INGREDIENTS

For the canederli:

- ¼ teaspoon salt
- 6 tablespoons butter
- 1 lb. fresh ricotta, drained
- 2 large eggs
- 1 cup all-purpose flour
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- ½ cup stale bread cut in small pieces
- 1 cup breadcrumbs

For the strawberry soup:

- 3 pints strawberries hulled and quartered (about 6 cups)
- ½ cup granulated sugar
- 4 tablespoons aged balsamic vinegar

For the poaching liquid:

- 4 cups water
- 1 lemon juice and zest
- 1 stick cinnamon
- 1 teaspoon cloves
- 4 tablespoons granulated sugar
- 1 small piece cheesecloth and string
- ½ teaspoon salt

DIRECTIONS

- For the strawberry soup: gently mix the strawberries, sugar and balsamic vinegar in a bowl and set aside to macerate for at least a half-hour.

- For the dough: Put the ricotta into a large bowl, and stir to loosen it and break up lumps, then blend in the eggs, vanilla and ¼ teaspoon salt. Sprinkle the flour on top, and fold it in gently. Add the stale bread. The dough will be stiff and somewhat sticky. Refrigerate for at least a half-hour. When cold, shape the dough in small balls with wet hands, or a spoon. Keep on a lined tray in the fridge until ready to cook. Toast the breadcrumbs in a pan with the butter, add cinnamon and sugar.

- Prepare the poaching liquid by boiling the water with the lemon juice, zest, sugar and salt. Tie all the remaining ingredients in the cloth and place in the poaching liquid. Simmer.

- When ready to cook, gently place the canederli in the poaching liquid and simmer for 4-5 minutes. Roll in the toasted breadcrumbs. Serve on the strawberry soup.

Sweet canederli (poached dumplings) preparation
FRANCESCO SAPIENZA

Stocking the Perfect Pantry

"Always having the right ingredients on hand at home is like having money in the bank," says Silvia Baldini. *"You can make a meal anytime in less than 20 minutes by shopping in your cupboards. This is a basic list of what I have in my pantry."*

Salt
Black peppercorns
Extra virgin olive oil
Vegetable oil
Apple cider vinegar
Red wine vinegar
Balsamic or sherry vinegar
Rice vinegar (unseasoned)
Flour: all-purpose, whole wheat or pastry
Baking soda
Baking powder
Cream of tartar
Cocoa powder (unsweetened)
Chocolate: chips or bar
Evaporated milk
Pure vanilla extract
Sweeteners
Granulated sugar
Confectioner's sugar
Brown sugar
Maple syrup
Honey
Agave syrup
Coffee
Tea
Rice and grains
Long-grain white rice
Brown rice
Grains: bulgur, quinoa, couscous or farro
Pasta: standard, whole grain, rice noodles or egg noodles
Polenta, semolina
Breadcrumbs: plain or panko
Snacks and cereals
Crackers
Tortillas
Cookies or biscuits
Pretzels
Popcorn kernels
Dried fruit: raisins, apricots or cherries
Seeds: sunflower, flax, chia or hemp
Peanut butter or almond butter
Applesauce
Old-fashioned rolled oats
Chicken broth
Beans: cannellini, navy, chickpeas or black
Vegetables: hominy (maize kernels), corn or green beans
Olives or capers
Chiles: chipotles in adobo or pickled jalapenos
Salsa
Tomatoes
Tomato paste
Roasted red peppers
Tuna
Anchovy fillets or paste

go for it, not because they have to but because they want to."

ADVERTISING TRENDSETTER

Baldini moved to California with her father and two brothers just before senior year in high school. She loved the lifestyle change, matriculated at ArtCenter College of Design in Pasadena — film directors Michael Bay and Zack Snyder, a Greenwich native, are other notable alumni — and upon graduation in 1990 was recruited to work as a junior art director at J. Walter Thompson in New York.

She quickly rose up the ranks there. The work was creative, exhilarating and non-stop.

"I threw myself into advertising totally," she says. "It was right before computers; we were still doing things by hand. Women were just starting to get into the force, and there were no big women art directors yet.

"I worked there awhile, then freelanced for five or six years for all the big agencies. The hours were brutal, with deadlines, traveling all the time, photo shoots. I grew professionally, won awards and designed books. But I was exhausted."

She also had a gnawing desire to tackle something food-related.

"I was the one who would cook for everybody," she says. "I shared a summer house in Bridgehampton [on Long Island]. There were farm stands, and I dreamed about opening a food market like the ones in Italy."

Baldini's decision to finally break from advertising came via a circuitous route, or rather Whoopi Goldberg's. The multi-talented actress, comedian and television host had a fear of flying at the time, choosing to travel on her own luxury bus. She was the star of an ad to be shot in Los Angeles, and took her bus cross country for the assignment. No one knew exactly when she would arrive.

"I finally got word that the shoot was set for the night before my best friend's wedding in New York," says Baldini. "Whoopi arrived in L.A. at midnight and we did the shoot at 1 a.m. I had to fly out there, then race back. My dad said I looked awful. I decided that was it for advertising. I wanted to have a life."

Finally exhaling, Baldini met Michele at a party in Brooklyn. They would marry and soon have their first child. They moved to Chicago for a year, and Silvia freelanced for various ad agencies. Soon she would have her second child.

When Michele accepted a job in London, Silvia was delighted, knowing she could enroll at "the Harvard of cooking schools," Le Cordon Bleu. Years earlier, while overworked in the advertising business, she'd taken a 90-hour restaurant management course during nights at The French Culinary Institute in New York City. Now she would learn to cook like a classically trained professional.

FRANCESCO SAPIENZA

A peek inside the pantry of Silvia Baldini's New Canaan kitchen reveals muscovado sugar, wildflower honey, Marmite yeast extract, steel-cut Irish oatmeal and baking powder.

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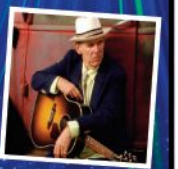

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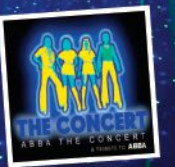

26 Matthew Morrison
Star of TV's GLEE performing
Broadway hits!

Chef Silvia's 10 Tips for Great Meals

1. Choose local, in-season ingredients. Locally grown foods always taste best and are fresher, longer lasting and more nutritious. I like to cook using seasonal ingredients not only because they are healthier for you and better for the environment, but because I get stronger, bolder flavors in my dishes. For example, I use peaches and melons in summer, then chestnuts, cabbage, potatoes and citrus in fall and winter, and asparagus, cherries and strawberries in spring. At the end of winter I get excited for snap peas and peppery radishes!

2. Try to prep ahead. I learned to plan and prep ahead at Le Cordon Bleu and working in professional kitchens. Prepping is probably the most valuable skill when it comes to cooking. I wash and chop all my vegetables, herbs and most ingredients in advance. I think about recipes and what I will cook for the week on Sunday, then make a list of what I will need and shop on Monday. I load the freezer with all I can prep ahead and cook in bulk. Dishes like soups, meatballs, stews and grilled vegetables are perfect for weeknight meals.

3. Keep your working space organized and clean. Clean as you go. In the end you won't have a pile of dirty pots and pans in the sink.

4. Master 10 (or more) basic recipes. Have 10 or even 20 recipes you can make quickly and without a cookbook. Master a couple of pasta dishes, some salads and sides. Think about what you have available at home and transform it into a pantry dinner. Imagine you are on *Chopped* and only have 30 minutes. No stress.

5. Don't try a hard recipe if you don't have time. Keep it simple. If you only have 30 minutes don't cook something complicated like Baked Alaska. Leave the blowtorch in the drawer and instead go for a simple dish. For example, I love baked apples. I learned to make them from my Italian mother-in-law, Betta. They are delicious and beautiful! It's what I love to do, simple but chic cooking. (The recipe is at far right.)

6. Never cook hungry or angry. Cooking should be relaxing. I believe cooking is like therapy. If you cook in a bad mood your food will probably taste bitter and appear sad. Did you ever see *Like Water for Chocolate?*

7. Have fun and explore. Be a little adventurous. Try new ingredients, taste new flavors, educate your palate. The

Chef Silvia's tips continue on page 59

FRANCESCO SAPIENZA

Chopped, pan-fried mushrooms are a key ingredient in Silvia Baldini's poached-egg dish.

LIFE AT LE CORDON BLEU

Few, if any, students at the world's most famous culinary institute rejected a career at the top to start a new one at the bottom. It was Baldini's pleasure to do just that, but she had additional challenges as well.

"I was 41, hadn't been to college in 20 years, and had two kids, ages 3 and 1," she says. "I was with mostly 17- and 18-year-olds. I'd had some rigorous academic training in my time, but this was stricter than anything. It's not the pretty cooking like in the movies. It's grueling work. The chefs who instruct are all French, and they're mean as hell, because the restaurant world is tough. They weed out the weak."

Indeed, the 18-month course started with about 50 students, but fewer than half made it to graduation.

"It's 7 a.m. to 11 p.m. six days a week," says Baldini. "Mornings start with preparing foods to be used, like you would in a restaurant. Then there's a three-hour lecture and recipe demonstration from a chef. After a short break, we were required to repeat what they did, and get graded.

"Many students flunked out. Every three months they tally up what you've done, and if they're not satisfied you either start all over or leave the school."

Baldini admired the dedication of the chefs at Le Cordon Bleu for more than their knowledge of food.

"The kitchen is a dangerous place, with knives and people getting cut all the time," she says. "It's not a girly place. Students are learning, and there are accidents. One chef was teaching us about caramel, which is extremely dangerous to make because you are melting sugar at an extremely high temperature. If it touches you you're burned. One of the students poured caramel on a chef's hand. He was bandaged for months.

"The chefs have to taste every student's dish each day and grade it. There was one that got violently ill. Chefs would get food poisoning from students all the time."

Eventually Baldini would not only graduate, receiving a diploma, hat and medal, but was valedictorian.

"At the end of the year they host a dinner for 250 people and invite the prime minister of England, or the queen. It's a big deal. Students prepare the meal. And they choose one student to be the head chef and coordinate everything. Guess who they chose?

"I was there to learn, have fun and have no responsibility. And the head of Le Cordon Bleu announced, 'Madame Silvia will be the head chef.' I refused. I said I have two children. But they forced me. I was so exhausted. But it was a huge honor, and British Prime Minister David Cameron came."

PUTTIN' ON THE RITZ

Though she now possessed world-class skills for both the back and front of a restaurant, Baldini wasn't sure if she would actually work in one. She simply enjoyed learning, and of course loved to cook.

"But I caught the restaurant bug," she says with a laugh. "One of the head chefs at Le Cordon Bleu got me a job at the five-star Ritz Hotel in London. When I walked in, the head chef was John Williams, who was famous. He couldn't believe I was there because they don't hire women for kitchen chefs. He asked me, 'Are you sure you don't want to go on the dessert side?' Women are all on the dessert side. It's gentle, it's clean, there's classical music. I said no, I want to do this. He was sarcastic, and said, 'Fine!'

"I got shifts and worked at every station. That means you chop, you clean. I peeled shrimp every day until my hands would bleed. And I was so happy. He was trying to get rid of me. It's brutal work. The volume! It's 600 for lunch, 600 for dinner, you have room service, banquets, special orders, afternoon teas ... it's crazy in there. I was fascinated being in the belly of the kitchen."

After a while, Baldini not only was accepted — and promoted — but became the go-to person because of her business background.

"The chefs had ranks, and they all started asking me to help them with their résumés and proposals," she says. "I created a business plan for one who opened a restaurant that was really successful."

After a year she left The Ritz, though Williams wanted her to stay. She worked with another chef in a boutique restaurant, then started Strawberry and Sage on the side, doing catering and dinners on her own. Establishing her own company, her own brand, was thrilling and satisfying.

"My dream was coming true, like I was emerging from the darkness," she says. "I had my kids, a fun husband, and used my background in advertising to start the food business I always wanted. There were a lot of tears in between, and a lot of hard work. But I made it."

CONNECTICUT BECKONS

When Michele got a banking job opportunity in New York, Silvia was delighted. It was time to settle somewhere permanently and raise their children. Connecticut was the choice.

"I had a friend in London from New Canaan, and as soon as we went to look at it we loved it," she says. "All of Connecticut is so green, and it's a healthy life here. My husband and I do triathlons, small ones.

"A lot of chefs are moving here, too, opening great restaurants. Connecticut could be the next Napa Valley, but I don't think the state has done a good job of marketing itself. It needs to be more proactive to attract businesses and educate people about food. If you teach people how to choose foods and cook, they'll be more inclined to eat well and be healthy. Europe is much more advanced that way."

Baldini enjoys visiting farmer's markets statewide, and wishes they could be educational in addition to offering fresh foods.

"I often do cooking demonstrations at farmer's markets, and other chefs do too, but it's not enough," she laments. "There is a huge potential to teach people new ways to cook the foods sold there. Connecticut is a beautiful place to cook and take advantage of what is a true but overused term — farm to table."

In addition to having a great many friends and business contacts in the area, Baldini is known in all the food markets.

"I can't go to the local grocery store without people digging into my cart to see what I'm buying, and ask what I'm making," she says with a smile. "I cook every day, but sometimes I just want to pick up a roast chicken and relax. I have to get it in another town. God forbid I buy pre-made stuff."

Baldini loves hosting and attending dinner parties with friends, but wishes people would relax around her.

"It drives me crazy when they invite me for dinner and get nervous," she says.

Chef Silvia's tips (continued)

more you learn and taste, the better it gets. I always look for ingredients I'm not familiar with and challenge myself. I love shopping at Indian food stores or in Chinatown, and scare my kids with weird dishes. It keeps them on their toes.

8. Don't be afraid to make mistakes — you can always order pizza. We all make mistakes. Don't feel bad and don't get discouraged. If you cook a meal and things go wrong, hang up the apron, pick up the phone, order take-out and open a nice bottle of wine. Try your recipe again another time and give yourself an A for effort.

9. Enlist help from family and friends. Put anybody you know at work in the kitchen. Kids can help and they should, so can your friends and family. Give them chores. Delegate. Form a family prep crew and be the head chef.

10. Remember this quote from Julia Child. "Never apologize at the table. People will think, 'Yes, it's really not very good.'"

BETTA'S BAKED APPLES

INGREDIENTS

- 6 cooking apples cored
- ½ cup of jam. I like blueberries or a mix of berry jam
- 2 tbsp butter
- 2 tbsp sugar

DIRECTIONS

- Preheat oven to 350 degrees
- Line a baking dish with parchment paper
- Arrange the cored apples on the paper
- Spoon some of the jam inside the apples, filling the holes created by coring them. Add a small amount of butter on the top and sprinkle all of them with sugar.
- Bake for 40-45 minutes. They should be soft but still in shape when cooked. Serve warm or room temperature. They are great on their own or with a scoop of ice cream.

Looking for a quick, easy and sweet snack or dessert? Betta's baked apples fit the bill.
FRANCESCO SAPIENZA

WALKING ON EGGSHELLS

When I arrived at Silvia Baldini's house for our first interview, there was the promise of brunch. Little did I know I would be "encouraged" to help create it.

It didn't help when she said there would be poached eggs and I blurted out that I didn't much care for them. If looks could flambé...

Fortunately she came around when reminded that her story was not yet written.

After talking for a while, it was kitchen time. Suddenly someone who had never cracked open an egg without breaking the yolk would have one chance to cook a perfectly poached egg under the stern gaze of a master chef.

I'd scrambled eggs many times, with no variation because sunny side up and eggs over easy required unbroken yolks. I considered it a victory if I didn't have to remove more than three or four broken shell remnants from the bowl.

By a miracle, I cracked a fresh brown egg perfectly, the yolk remaining whole. "See? It wasn't so hard," said Silvia. She then explained part two.

"The trick is to blend boiling water with vinegar, and stir it up. Then you drop the egg in very slowly, gently, from close to the water."

Twice I was about to drop the egg in from above the pot's rim, and was twice scolded. Truth be told, I preferred not being burned for the sake of a sidebar. Carefully, I managed to drop it in as instructed and remain unscathed.

After cooking for three minutes, Silvia removed it with a spoon, then set about trimming the excess egg edges with scissors. She'd prepped before I arrived, and had empty homemade tart shells ready. The bottom layer was spinach, the middle was chopped, pan-fried mushrooms, and the poached egg was placed on top.

With pan-seared potatoes on the side and a small greens salad flavored with peach balsamic, the meal was heavenly. I'd been wrong about poached eggs.

"You just learned how to make something like a classically trained chef," noted Silvia. "That means craft, art, finesse and absolute command in the kitchen. Using the scissors to shape the egg is an example of what trained chefs do to create perfection. From a humble ingredient like an egg they can make something beautiful. It's what differentiates cooks from chefs." | MICHAEL CATAREVAS |

> *"And if something goes wrong, put it aside and order pizza. Who cares?"*

"I tell them, 'Just the fact that you are making an effort is so beautiful.' My big thing is that food is about sharing. You share food and you share company.

"I try to make people comfortable. I'm always very complimentary because they are trying. And if something goes wrong, put it aside and order pizza. Who cares?"

Baldini also tries to low-key it when going to restaurants.

"I want to simply enjoy it," she says. "I know what goes on in the back, so I'm always respectful of whatever comes out. Sometimes I see the mistakes, but I also see the glorious things that happen. And truthfully? Mostly I go so I don't have to cook!"

TAKING PRIDE

Winning *Chopped* helped validate Baldini's life choices.

"I didn't realize my success on the show, and being a woman my age who changed careers, would resonate with people so strongly," she admits. "Locally it's kind of funny that a New Canaan mom won on *Chopped*. It's so not what is expected, but people are fascinated by the show, both children and adults.

PHOTOS BY FRANCESCO SAPIENZA

Silvia Baldini, dressed for success in her New Canaan home.

"And it's very important in the chef community, too. Chefs and kitchens are a bit of a boy's club … a lot of testosterone. But there are other skills involved in cooking, not just being aggressive. Experience, nerves and knowledge count. I like to curate meals, like one would curate art. What goes together, and why? What are the flavors? How is it going to look, and how is it going to taste? Is it right for winter, is it right for summer? That's part of cooking, crafting something, making something beautiful."

Rather than revel in her *Chopped* achievement, Baldini explains that it had a deeper meaning. "What I showed my kids was that no matter what age you are, you can go for your dreams."

Poached egg, served in a homemade tart shell, with spinach and chopped, pan-fried mushrooms.

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HEALING THE WORLD

From Haiti to Uganda, Connecticut Doctors Increasingly Drawn to International Work

BY ERIK OFGANG

Dr. Mark Weinstein, left, operates on a patient during a medical mission in Uganda.

IMAGE COURTESY OF DR. WEINSTEIN

It was nature at its most horrifying.

On Jan. 12, 2010, a magnitude 7.0 earthquake struck Haiti. With an epicenter a mere 16 miles west of Port-au-Prince, Haiti's capital, the quake unleashed almost incomprehensible destruction. More than 160,000 people would die, and close to 1.5 million people were displaced.

In the aftermath of the natural disaster, it was clear that Haiti, one of the poorest countries in the world, was ill equipped to handle the ensuing health crisis.

Like many, Dr. Susan Levine watched the tragic events unfold. Currently an assistant professor of medicine and medical director of general medicine associates at UConn Health, Levine was concerned not just with the disaster itself, but with the response to it. Five years earlier she had watched as the response to Hurricane Katrina had been mismanaged here in the U.S. "The government response was so lacking and so slow," she says.

This time she didn't want to sit on the sidelines. Instead she decided to utilize her medical training and travel to Haiti with a team run by International Medical Corps, a California organization dedicated to providing health aid on a global scale. Levine arrived in Haiti in March, three months after the quake hit. "There still were just massive piles of rubble," she says. The situation was heartbreaking and incredibly intense, but served as a crash course in medical relief and what she and others could do to help those in need.

It also left Levine passionate about international aid, and she's not the only Connecticut doctor who feels that way. Interest in global health missions, both in Connecticut and elsewhere, has increased among doctors and medical students in recent years. Doctors Without Borders specializes in providing medical care in war-torn regions, and is perhaps the best-known international aid organization, but it is far from the only one.

"The world is getting smaller in general, people are traveling more and are more connected," says Dr. Julie Varughese, who works to increase access to quality medicine for low-income patients in more than 90 countries as the medical officer for Stamford-based

Dr. Susan Levine stands outside an International Medical Corps triage tent set up in Haiti for a cholera treatment center. A cholera epidemic broke out after the 2010 earthquake (aftermath seen below), and IMC set up dozens of these treatment centers throughout the country to engage and teach the local doctors and medical staff so they could operate without international aid.

PHOTOS COURTESY OF DR. SUSAN LEVINE

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Thank You for Caring.

Congratulations to all of Connecticut's Top Docs.
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ALEX OSTASIEWICZ/AMERICARES

Medical volunteers work with local health workers in Bolivia during a March 2015 Solidarity Bridge surgical team trip supported by AmeriCares Medical Outreach Program. The volunteers taught the local workers how to use pulse oximeters from AmeriCares' Safe Surgery Initiative.

AmeriCares, the world's leading nonprofit provider of donated medicines and supplies. Varughese adds, "There has definitely been a strong interest starting with medical students about having that global health component to their training and potentially incorporating that into their careers."

This is a positive trend, as Varughese says the need for this type of work is as great as ever. "There continue to be areas around the world that have very limited access to health care, so short-term, medical-outreach trips or medical-mission trips definitely add value."

Globally, these medical teams are dealing with new issues. The focus used to be on communicable diseases, conditions like HIV or malaria that can be passed person to person or from an animal to a person. Now there is also a rise in non-communicable diseases like diabetes and hypertension. Varughese says one contributing factor to the rise is globalization and the spread of the type of unhealthy diet and lifestyles we see here in the U.S. "A lot of places globally are adopting Western culture; the Western diet is more prevalent globally," she says.

In addition, there are the headline-grabbing problems, such as the spread of Zika virus, or last year's Ebola outbreak, and an ongoing health crisis caused by the spike in refugees from conflict in the Middle East. "There are overwhelming numbers of refugees that need access to health care and education," Varughese says.

"There continue to be areas around the world that have very limited access to health care, so short-term, medical-outreach trips or medical-mission trips definitely add value."

Dr. Julie Varughese, medical officer for AmeriCares

But not every medical mission has a global perspective; many doctors help where they can and provide expertise to those they are able to reach. Dr. Mark Weinstein, an assistant professor of plastic surgery at Yale University and an attending plastic surgeon at Yale-New Haven Hospital, has been organizing medical aid trips for years. He started working with other organizations, but in 2007 formed his own nonprofit, Changing Children's Lives. Weinstein has led surgical missions in countries including Brazil, Vietnam, Uganda and Thailand, a country where his organization has performed more than 1,000 operations. Weinstein primarily performs cleft-lip and cleft-palate operations on these trips.

Weinstein says people sometimes question the overall effectiveness of these types of missions and ask loaded questions, like "Why don't you dig wells." His answer: "I'm not a global health guy. I can't help big populations. I'm a surgeon. I can only help one person at a time."

For each operating room Weinstein sets up, he can do five operations per day. "If I run five operating rooms for five days, I can do 125 operations," he says. Each one can be life changing for the patient. In many countries, cleft lips or palates are stigmatized. "In Uganda it's considered a curse and many times they kill their babies," Weinstein says. He recalls one woman he operated on who was in her late 70s. When someone asked her why she wanted to get the surgery so late

The current UConn Health Center training group in Uganda. From left, Drs. Shaina Lynch and Victoria Forbes, both residents in internal medicine; Kevin Dieckhaus and Tiara Hypolite, infectious diseases fellow. PHOTO BY VINCENT RABYT

Dr. Mark Weinstein holds a young patient during a medical mission in Thailand. COURTESY, DR. WEINSTEIN

in life, she answered, "I've been ugly my whole life and I want to die beautiful."

After Levine's first trip to Haiti in the aftermath of the 2010 earthquake, she made another trip to Haiti six months later to help patients suffering during a cholera outbreak. Soon after, she went to Libya with an International Medical Corps team. At that time, fighting had subsided in the southern portion of the country where she was, but the team traveled with a highly trained security guard. "Libya is a very complex, chaotic place," Levine says. "On the one hand, there are certainly more resources than a place like Haiti in terms of medical sophistication, but there are tremendous needs in terms of integrating and coordinating care."

After these trips, Levine began regularly working with a fellow UConn doctor, Kevin Dieckhaus, the chief of the university's Division of Infectious Disease and director of Global Health and International Studies. Dieckhaus is also medical director of the Clare Nsenga Foundation, a Connecticut-based nonprofit founded by a Ugandan native now living in Connecticut. The organization is dedicated to humanitarian medical work in Uganda, and has established a permanent health clinic there. Dieckhaus organizes two medical missions each year to the region, and UConn medical students accompany him on these trips, the latest of which took place in February. "The health issues are extreme at every level," he told *Connecticut Magazine* by phone in the midst of February's medical mission. "Right now we have a major uptick in malaria, tuberculosis is incredibly common and other infectious disease are also common. Even just diabetes management, which would be routine in the United States, is really challenging. The better medicines don't really exist here."

There can be political challenges as well. The day Dieckhaus spoke with *Connecticut Magazine* was the same day a contested national election led to a government-ordered shutdown of all social media in the country. However, Dieckhaus said in all the years he's been going he's never felt unsafe. He added there is something special about the country and its people. "When I come to town it's like coming home. People are very friendly. It's a very opening and welcoming community."

That sense of camaraderie and accomplishment is part of why Dieckhaus and other doctors are so passionate about the work. His colleague Levine says, "I find it just really grounding. It helps me keep a perspective. There is such a privilege about what I get to do every day, taking care of people, and there is something inherently just very pure and very rewarding about this kind of medicine."

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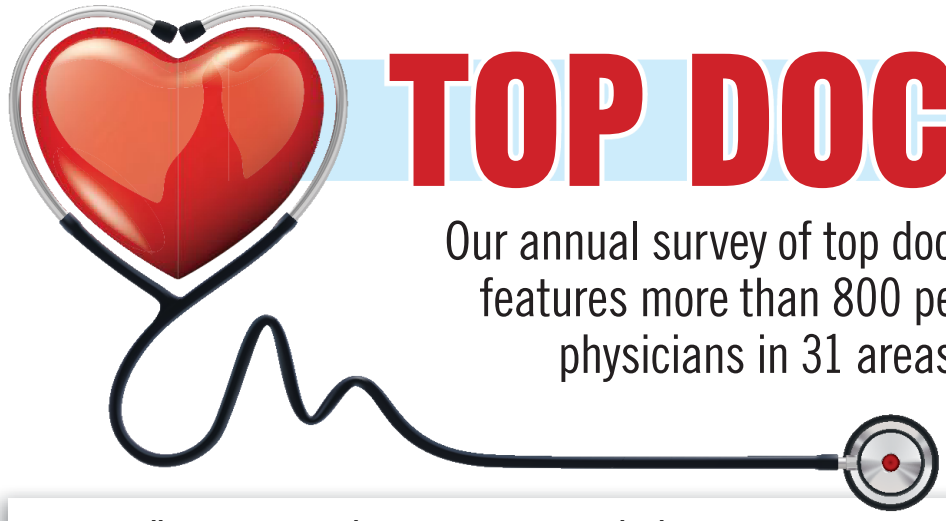

TOP DOCS 2016

Our annual survey of top doctors in Connecticut features more than 800 peer-recommended physicians in 31 areas of specialty.

71 Allergy & Immunology
72 Anesthesiology
72 Bariatric Medicine
72 Cardiology
73 Dermatology
74 Endocrinology
74 Family Medicine
74 Gastroenterology
74 Geriatric Medicine
75 Infectious Diseases
75 Internal Medicine
76 Nephrology
76 Neurology
76 Neurosurgery
77 Obstetrics & Gynecology
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80 Podiatry
80 Psychiatry
80 Pulmonary Medicine
80 Radiology
81 Rheumatology
81 Surgery: Colorectal
82 Surgery: General
82 Surgery: Orthopedic
83 Surgery: Plastic & Reconstructive
84 Surgery: Thoracic
85 Urology

HOW THE DOCTORS WERE CHOSEN We sent more than 5,000 questionnaires to Connecticut doctors, asking them to recommend a doctor (other than themselves) to whom they would send a loved one for expert medical care. In this year's survey, the focus was on eight specialties: dermatology, ophthalmology, neurology, gastroenterology, general surgery, psychiatry, urology and infectious diseases. The top vote-getters in those categories made the Top Docs listings, along with all those doctors in other specialties who finished at the top of our surveys from the years 2013-15. We've done our best to update all the doctors' information along the way. Note: Doctors do not pay to make this list; only the doctors most frequently recommended by their peers are listed as Top Docs.

The result is 807 doctors in 31 specialties, in all the result of more than 15,000 questionnaires sent out over a four-year period. With such a wide array of specialties covered, this issue of Connecticut Magazine makes a very good place to begin your search for medical help.

As always, it needs to be said that every physician who makes the list is a good one, or at least a recommended one, but not every good physician in the state necessarily makes the list. Because of that, we suggest you use this list as a reference, not the final word. You must ultimately do your own due diligence and decide which doctor is right for you or your loved one.

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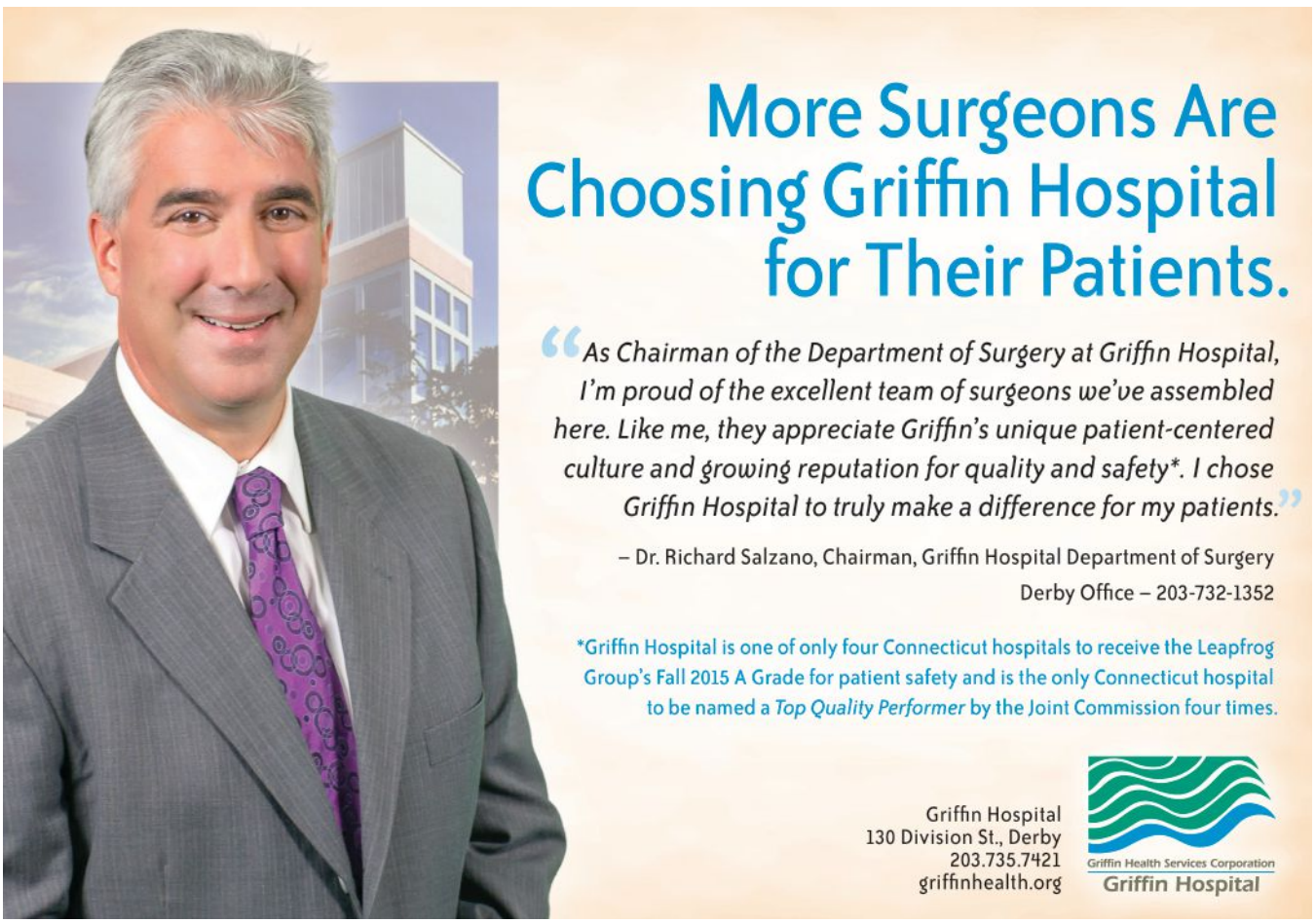
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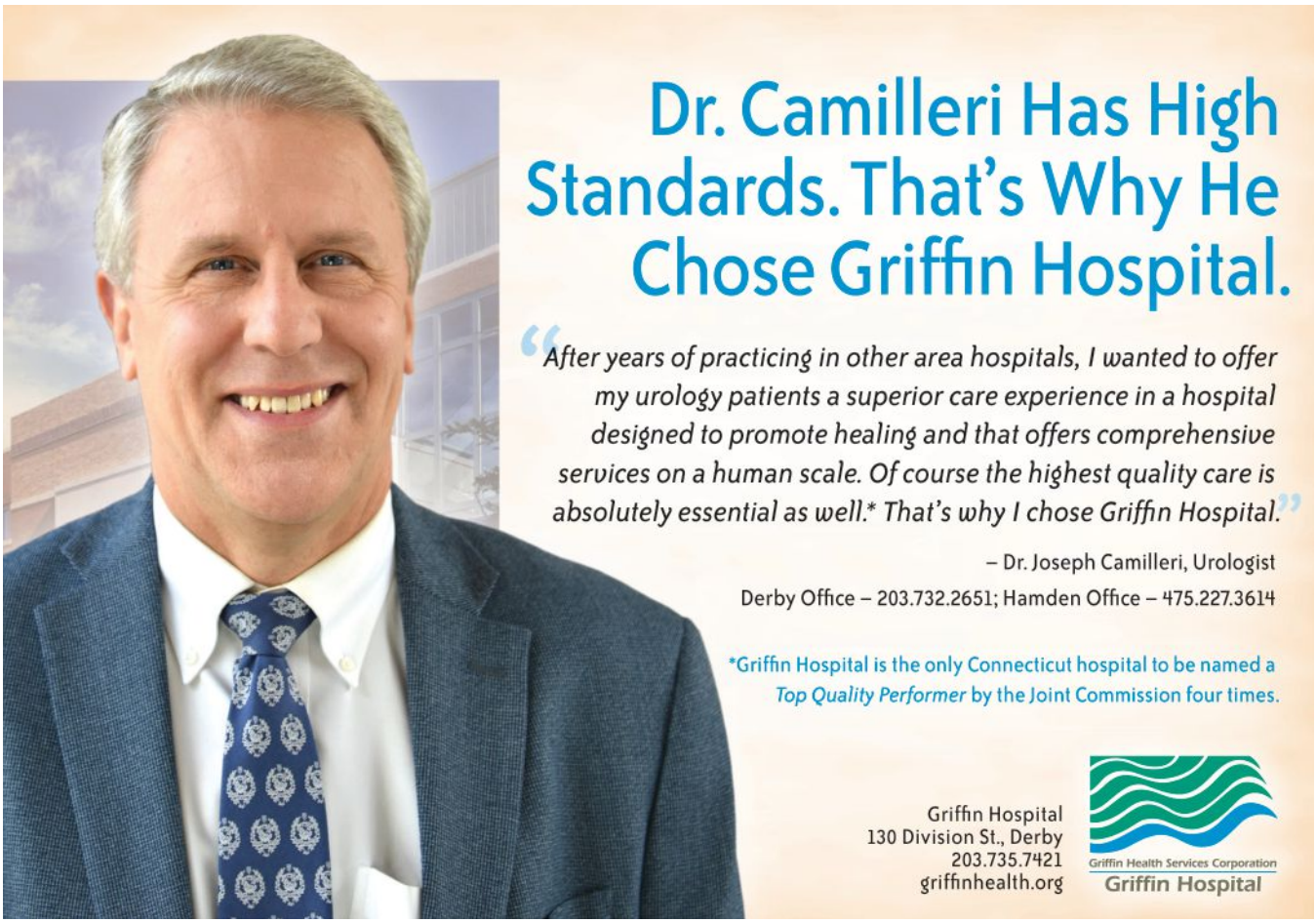
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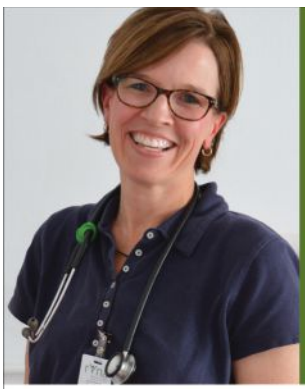

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From left: Dr. Anthony Carter, Dr. Eric Hyson and Dr. Kenneth Allen

KENNETH ALLEN, M.D., ANTHONY R. CARTER, M.D., ERIC A. HYSON, M.D., FACR

DR. KENNETH ALLEN, DR. ANTHONY CARTER and DR. ERIC HYSON are part of the eight member team at Diagnostic Radiology Associates located in Waterbury, Southbury and Middlebury. DRA offers 3-D mammography, ultrasound, computerizes tomography, 3-T MRI, dexa bone density, x-ray and interventional radiology services. They are the interpreting physicians for the Radiology Department at Waterbury Hospital and their affiliates including Valley Imaging Partners of Naugatuck, Imaging Partners of Waterbury Hospital and the Women's Imaging Center of Southbury. All images are digital and interact with Waterbury Hospital for efficient record keeping. DRA has provided quality imaging services to the Waterbury community for over 40 years.

DR. ALLEN graduated from the University of Massachusetts Medical School. His radiology residency was at Yale-New Haven Hospital and fellowship in MRI, CT and Ultrasound at the Hospital of the University of Pennsylvania. He is an associate clinical professor at the Yale School of Medicine. Dr. Allen is the Medical director of the Greater Waterbury Imaging Center and chief of MRI services for Waterbury Hospital and DRA, providing patients with access to low field Open MRI, standard high field MRA at 1.5 Tesla and ultra-high field MRI at 3.0 Tesla.

DR. CARTER, diagnostic radiologist specializing in ultrasound imaging, graduated from the Medical College of Wisconsin. He did a fellowship in ultrasound and CT at Yale-New Haven Hospital and is the chief of ultrasound at Waterbury Hospital. Ultrasound has broad applications- finding gallstones, blood clots, narrowed arteries, appendicitis, breast tumors, thyroid nodules and other conditions. Dr. Carter sees ultrasound as an extension of the physical exam.

DR. HYSON, an expert in interventional radiology, graduated from the University of Pennsylvania School of Medicine. He completed a residency in diagnostic radiology at Yale-New Haven Hospital. He has a special certification in vascular and interventional radiology and is an associate clinical professor at the Yale School of Medicine. He uses diagnostic imaging for mammography, but also performs needle biopsies, drains abscesses, inserts stents and catheters and treats varicose veins, all guided by his understanding of anatomical imaging.

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RAHUL S. ANAND, M.D.

DR. RAHUL ANAND graduated from Boston University School of Medicine. During his internship in internal medicine at Boston Medical Center, he saw a sickle cell disease patient get quick relief from chest pain with a single epidural. This inspired him to specialize in pain medicine, then still in its infancy as a subspecialty of anesthesiology and, at that time, still called pain management. He did a four-year residency in anesthesiology and pain medicine at the Hospital of the University of Pennsylvania and completed an additional year of fellowship training in the subspecialty of pain medicine. He has a special certification in pain medicine through the American Board of Anesthesiology. He also earned a degree in medical acupuncture from Stanford University. Dr. Anand has been published in journals on pain medicine and anesthesiology and provides expert opinions in this field.

Dr. Anand sees new patient referrals very quickly and offers "a whole spectrum of options" in pain medicine. There are effective non-opioid multi modal treatment plans that deliver good clinical outcomes with reduced risk. "The concept of just narcotics to treat pain and overly sedate pain is not a paradigm that we use in our comprehensive practice," he says. Pain medicine also encompasses assessing patients from a psychological standpoint for cognitive behavioral therapy, coping skills, breathing techniques, and even vocational training education.

Other pain medicine options include thermal rhizotomy (RFA) for chronic neck and lower back arthritis, spinal cord stimulation for unsuccessful back surgery and targeted-epidural injections for disc herniations. Dr. Anand also has experience with cancer pain management, post-surgical pain syndromes, cervicogenic-headaches, and shingles. He also offers clinical trials and complimentary alternative medicine (CAM), including medical acupuncture and core-exercise education. Dr. Anand is well-regarded as a conservative and comprehensive pain specialist among his peers.

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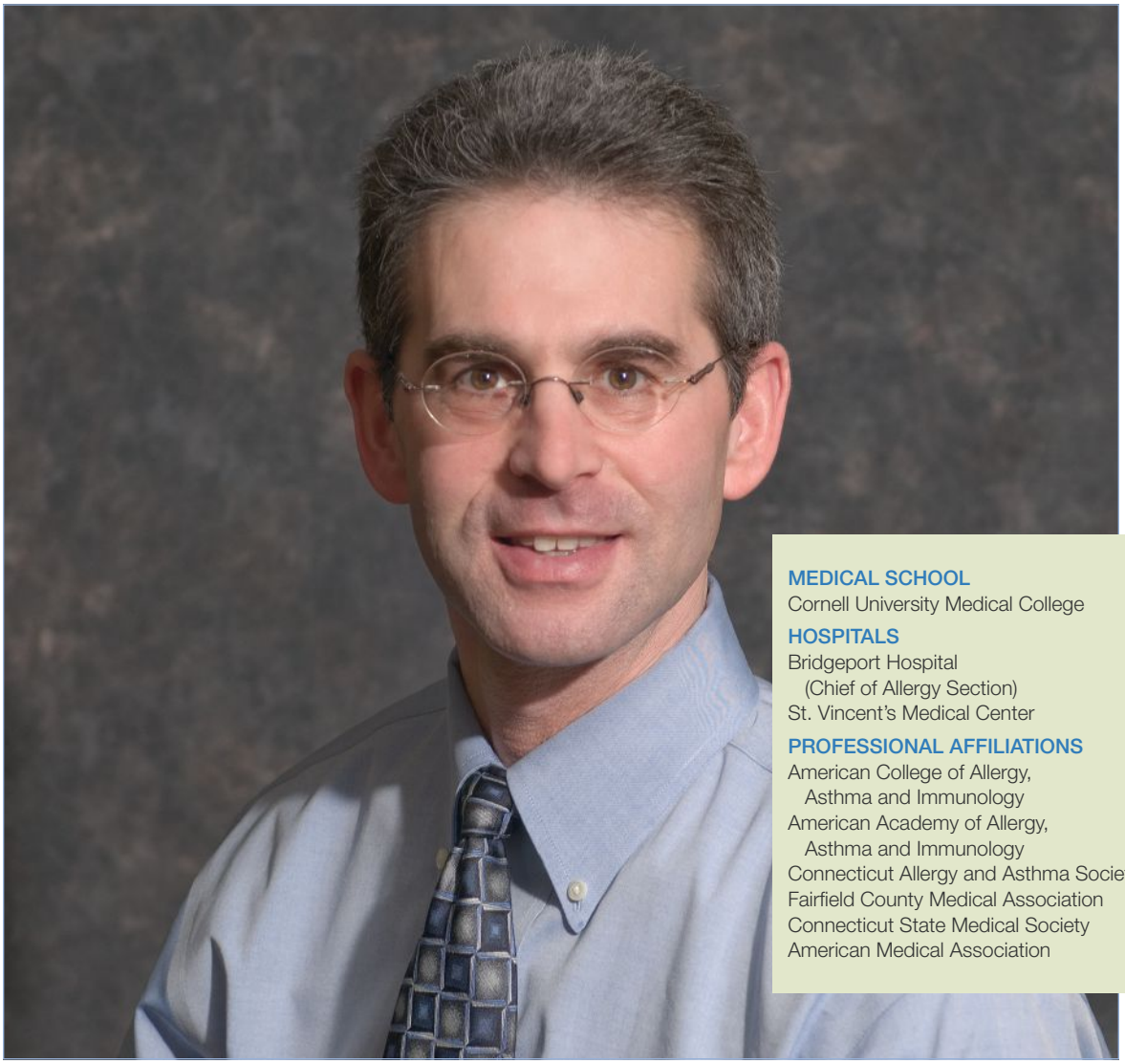

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KENNETH S. BACKMAN, M.D.

DR. KENNETH S. BACKMAN understands firsthand how his patients feel. "I have suffered with nasal allergies, asthma and food allergies myself since childhood," he says. He founded Allergy and Asthma Care of Fairfield County with the goal of helping patients feel better with the most effective treatments available.

Dr. Backman earned his B.S. cum laude with distinction in biology at Yale and his medical degree from Cornell before completing his internship and residency at the University of Chicago Hospital. He completed a fellowship in adult and pediatric allergy and immunology at Northwestern Memorial and Children's Memorial hospitals in Chicago. Board-certified in allergy and immunology, he is a clinical instructor at Columbia, and chief of the section of allergy at Bridgeport Hospital. He has published numerous articles on allergies and served on the editorial board of the *Annals of Allergy, Asthma, and Immunology*.

Dr. Backman and colleagues Drs. Irena Veksler and Katherine Bloom trained at top academic hospitals, where they treated patients with a wide variety of allergies. They coordinate care of adult and pediatric patients with other providers. In their comfortable, state-of-the-art office (which offers extended hours), they offer compassionate, personalized care and an advanced, academic-center-quality approach to determine what triggers symptoms and provides relief. Dr. Backman notes that many people "don't take allergies seriously" and often ignore them until they cause other problems. Allergies can lead to recurrent sinus infections, and "sinusitis can trigger asthma, ear infections and other complications," he explains. "Asthma can be life-threatening when undertreated. There are many measures you can take that are specifically geared to the allergies you have. I understand as a physician and as a patient what my patients experience, and I am fully committed to helping them control or conquer their allergies with the best treatments available."

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From left: Dr. Alan Reznik, Dr. Shirvinda Wijesekera and Dr. Richard Bernstein

RICHARD A. BERNSTEIN, M.D., ALAN M. REZNIK, M.D., M.B.A., SHIRVINDA WIJESEKERA, M.D.

DR. RICHARD A. BERNSTEIN *(right)* trained at the UConn School of Medicine and did a fellowship at Harvard's Brigham and Women's Hospital in hand and upper extremity surgery. He holds a CAQ for Surgery of the Hand and treats patients with all hand and upper extremity problems, particularly wrist fractures, carpal tunnel syndrome and arthritis. He published *Arthritis of the Hand and Upper Extremity: A Master Skills Publication* for the American Society for Surgery of the Hand and is active in ASSH. On a national level, he currently serves on five ASSH committees, the midcareer leadership program and Chairman of the Scientific Exhibits Committee and council for the New England Hand Society. Lastly, his patent for an elbow implant is under development.

DR. ALAN M. REZNIK *(left)* earned his B.S. in chemical engineering at Columbia and his M.D. at the Yale School of Medicine. He trained at Mount Sinai and completed fellowships in orthopaedics at Oxford University and in arthroscopic surgery and sports medicine at UCSD. For 27 years, he has been a renowned expert on knee ligament reconstruction and arthroscopic techniques for shoulder and knee repair. He holds six patents and some of his demonstrations are on YouTube.com (DrAReznik). The author of two books for patients, he was selected to serve on the communications council of the American Academy of Orthopedic Surgeons.

DR. SHIRVINDA WIJESEKERA *(center)* graduated from Boston University School of Medicine as a member of Alpha Omega Alpha. He completed his residency in orthopaedic surgery at the Los Angeles County USC Medical Center, where he was awarded the Marshall Schiff and Herman Epstein awards. He completed fellowship training in spinal surgery at the UC Davis Medical Center in Sacramento. He is a member of the Scoliosis Research Society, and also volunteers to treat spinal deformity overseas. Dr. Wijesekera performs adult and pediatric spinal surgery, including spinal deformities, minimally invasive surgery and spinal trauma.

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DAVID A. BOMBACK, M.D., DAVID L. KRAMER, M.D.

Connecticut Neck & Back Specialists, LLC, is a Danbury-based surgical practice dedicated to the management of spinal disorders. By focusing on treating complex spinal deformities and spinal revision surgeries, its fellow-trained surgical team of Dr. David L. Kramer and Dr. David A. Bomback provides the highest quality, evidence-based management of spinal disorders. In addition to treating degenerative and traumatic disorders of the cervical and lumbar spine, theirs is one of the few state practices with special expertise treating the potentially debilitating conditions of scoliosis and kyphosis in both adults and adolescents. Web-based second opinions, including a personal conversation with our surgeons, are available at secondopinion-spine.com. Visit this website for details regarding our virtual consultation service.

DR. DAVID A. BOMBACK, a graduate of Columbia University College of Physicians and Surgeons, completed his orthopedic residency at Yale-New Haven Hospital and a spine and scoliosis fellowship at the Hospital for Special Surgery in Manhattan. He is the medical director of the Orthopedic-Neurosurgery Unit at Danbury Hospital. According to Dr. Bomback, "We have seen dramatic changes in the field of spinal surgery over the past decade. Not only has the technology vastly improved, but our ability to treat patients in a less invasive manner is truly remarkable. Procedures in the past that warranted a three- to four-day hospital admission are now routinely being done as outpatient surgery."

DR. DAVID L. KRAMER, a Dartmouth Medical School graduate, completed the Harvard orthopaedic residency program at Massachusetts General Hospital and his orthopedic/neurological fellowship in spine surgery at the Rothman Institute at Thomas Jefferson Hospital. He served for ten years on the board of directors at Western Connecticut Health Network. He is also Chief, Section of Spinal Surgery at Danbury Hospital. "When it comes to considering spine surgery, we realize many decisions can be hard to make. By taking the time to educate our patients, we help to make informed decisions regarding the best surgical or nonsurgical treatments. It's not only about a consistently good surgical outcome; it's about patient satisfaction."

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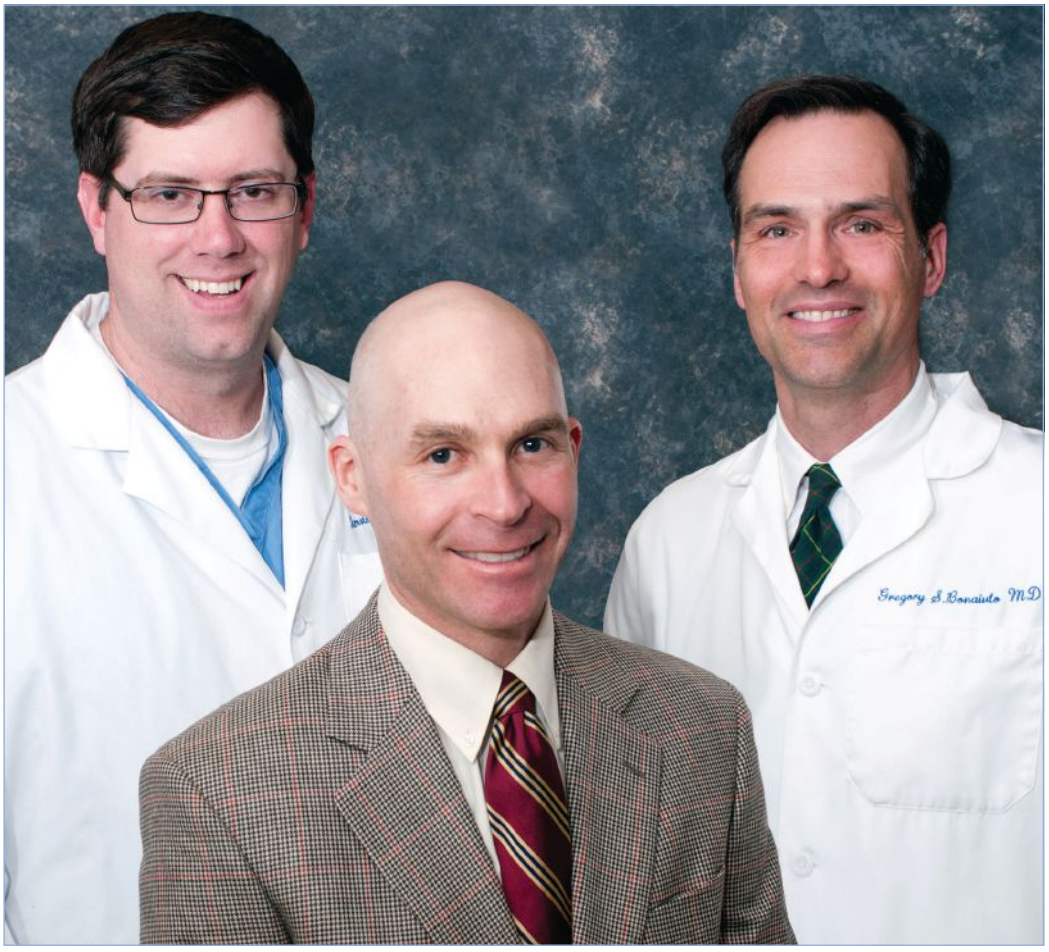

GREGORY BONAIUTO, M.D., MARC EISEN, M.D., TIMOTHY O'BRIEN, M.D.

DRS. BONAIUTO, EISEN AND O'BRIEN are otolaryngologists at Connecticut Ear, Nose & Throat Associates, a large patient center-oriented practice that has state-of-the-art diagnostic equipment, an allergy department and an audiology department with three audiologists. The practice is also affiliated with a dizziness clinic in West Hartford. The physicians pride themselves on taking their time with patients and being available for them. They work with patients' other doctors for excellent coordinated care. The practice also has an advanced patient portal to provide patients with 24/7 access to the office.

Dr. Gregory Bonaiuto graduated from Yale University and earned his medical degree from UConn. He completed his internship in general surgery and residency in otolaryngology head and neck surgery at the UConn Health Center. He specializes in sinus surgery, allergy, pediatrics and head and neck surgery. He is on the faculty at UConn School of Medicine. He received The Gerald Leonard, M.D. Award for Excellence in Resident Teaching and Advocacy.

Dr. Marc Eisen is a graduate of Northwestern and he earned his medical degree and Ph.D. from the University of Pennsylvania School of Medicine. He completed a general surgery internship and otolaryngology residency there and did a neurotology fellowship at Johns Hopkins University. He won numerous research awards from the American Academy of Otolaryngology and National Institutes of Health. As of one of Connecticut's few neurotologists, Dr. Eisen treats dizziness, cholesteatoma, acoustic neuromas, lateral skull base tumors, facial nerve, hearing loss and implantable hearing prostheses.

Dr. Timothy O'Brien earned his medical degree from University of Connecticut School of Medicine, where he did his residency in otolaryngology. He treats allergies, chronic sinus disease and adult and pediatric sleep disorders. Dr. O'Brien specializes in thyroid and parathyroid surgery. In addition, he uses the newest technology to perform minimally invasive in-office sinus and vocal cord procedures.

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MICHAEL G. BRAND, M.D., JOSEPH DIGIOVANNI, M.D., ROSS HENSHAW, M.D., JOHN G. LUNT, M.D.

DR. MICHAEL BRAND specializes in sports medicine and treating knee and shoulder problems. He trained in the Harvard University Combined Orthopedic Program in Boston and completed his fellowship in San Diego. He performs state-of-the-art, minimally invasive, arthroscopic knee and shoulder surgery, and reconstructive knee surgery including total and partial knee replacements. He has extensive experience in treating the knee and its full spectrum of issues from torn menisci to complex reconstructive surgeries. "It's critical to understand the remarkable complexities of knee mechanics in order to properly assess, diagnose and deliver superior treatment to patients."

DR. JOSEPH DIGIOVANNI treats problems of the upper extremities. He trained at Mount Sinai Hospital and Hospital for Joint Diseases/NYU. He treats complex hand issues including nerve compressions (carpal tunnel syndrome), osteoarthritis in the hand, trigger fingers, volar plate injuries (jammed fingers) and wrist injuries and fractures. He also treats elbow problems including cubital tunnel syndrome and performs total elbow replacements. Many of his patients are athletes, musicians and workers with hand injuries.

DR. ROSS HENSHAW graduated Johns Hopkins University and Columbia University's College of Physicians and Surgeons. He did a fellowship in sports medicine and shoulder surgery at the Hospital for Special Surgery where he learned advanced arthroscopic techniques to treat shoulder, knee and hip injuries through incisions no wider than a fingernail. With a tiny camera, he has better visualization of the injury and micro tools to repair tissues with minimal trauma. At Columbia, he learned innovative shoulder replacement surgery using techniques that spare bone tissue and foster easier recovery. An athlete himself, he sympathizes with his patients and tries to get them back on track as soon as possible.

DR. JOHN LUNT specializes in surgery of the upper extremities, focusing on minimally invasive endoscopic and arthroscopic techniques. He trained at St. Luke's/Roosevelt Hospital, Long Island Jewish Medical Center and completed a fellowship in hand surgery at Columbia Presbyterian. As medical co-director at the Hand Center of Western Connecticut, he earned a reputation as the go-to doctor for problems others cannot identify. With superior diagnostic tools, he excels at recognizing nerve compression syndromes and problems that are common but hard to detect.

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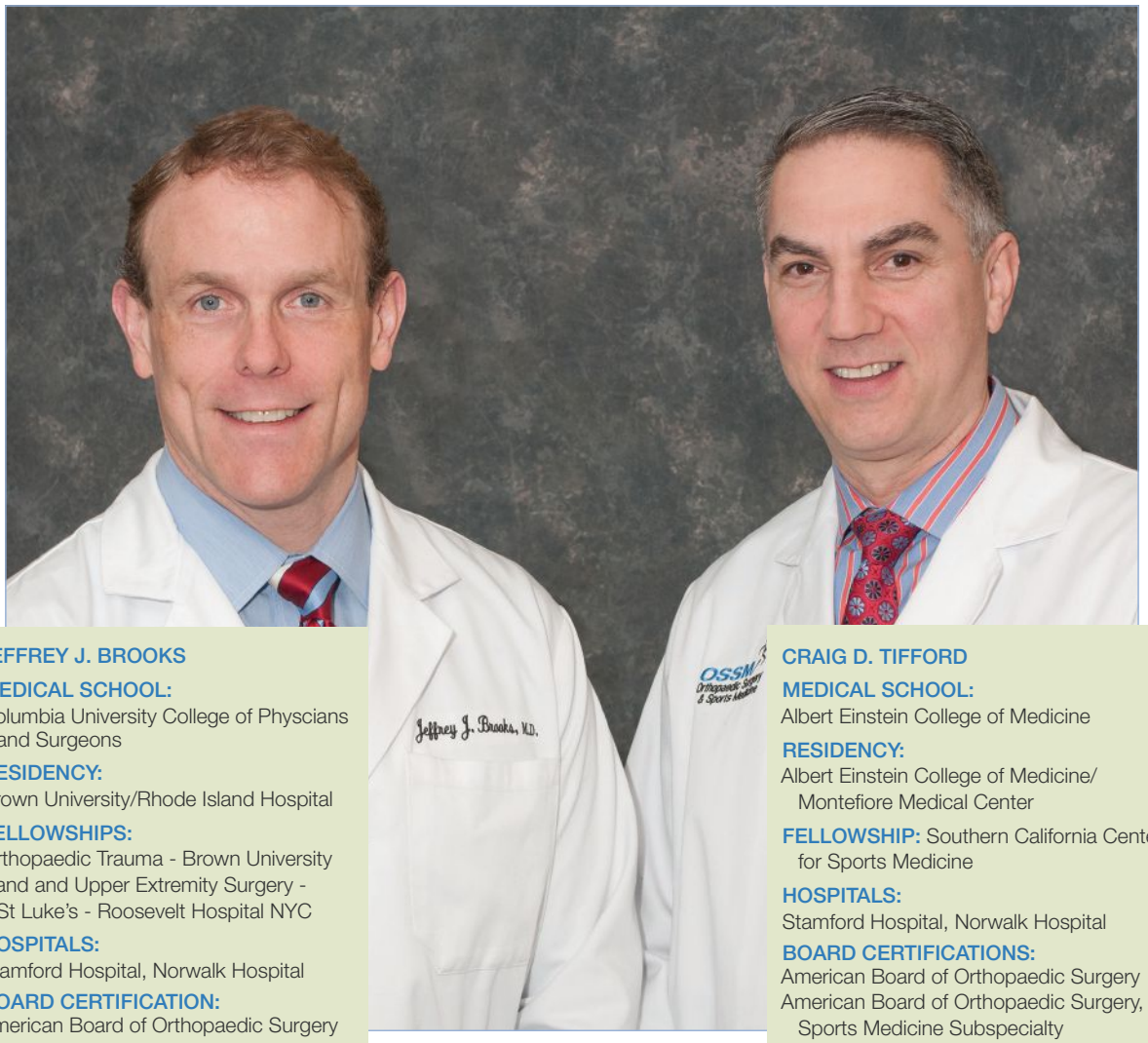


JEFFREY J. BROOKS

MEDICAL SCHOOL:
Columbia University College of Physcians and Surgeons

RESIDENCY:
Brown University/Rhode Island Hospital

FELLOWSHIPS:
Orthopaedic Trauma - Brown University
Hand and Upper Extremity Surgery - St Luke's - Roosevelt Hospital NYC

HOSPITALS:
Stamford Hospital, Norwalk Hospital

BOARD CERTIFICATION:
American Board of Orthopaedic Surgery

CRAIG D. TIFFORD

MEDICAL SCHOOL:
Albert Einstein College of Medicine

RESIDENCY:
Albert Einstein College of Medicine/ Montefiore Medical Center

FELLOWSHIP: Southern California Center for Sports Medicine

HOSPITALS:
Stamford Hospital, Norwalk Hospital

BOARD CERTIFICATIONS:
American Board of Orthopaedic Surgery
American Board of Orthopaedic Surgery, Sports Medicine Subspecialty

JEFFREY J. BROOKS, M.D., CRAIG D. TIFFORD, M.D.

DRS. JEFFREY J. BROOKS and CRAIG D. TIFFORD are part of the team along with Drs. Frank DiFazio, Adam Brodsky, Steve Massimi and Ted Blaine at Stamford & New Canaan's Orthopaedic Surgery & Sports Medicine, an exclusively fellowship-trained, multidisciplinary group that offers sub-specialized care focused on specific musculoskeletal injuries and conditions.

Dr. Brooks graduated Columbia University College of Physicians and Surgeons and completed a fellowship in hand, microvascular and upper extremity surgery at St. Luke's-Roosevelt Hospital Center/Columbia University and in orthopedic trauma at Brown University School of Medicine/Rhode Island Hospital. His expertise includes minimally invasive hand surgery, and complex trauma reconstruction. He was the first surgeon in Stamford to perform complex pelvic fracture surgery and the first surgeon in Stamford to offer endoscopic carpal tunnel release. He has been invited back four years in a row to instruct at the AAOS Orthopaedic Learning Center teaching at the Oral Board Exam Review Course. He has also published articles and lectured on orthopaedic trauma and hand surgery on an international level. Dr. Brooks has a limited patient schedule and prides himself in spending time with patients, making problem assessment and patient education and understanding of their disease process a central part of his treatment plan.

Dr. Tifford received his medical degree from the Albert Einstein College of Medicine in the Bronx, New York. He then did his Orthopedic Surgical Residency at Montefiore Medical Center/Albert Einstein College of Medicine. He completed his Sports Medicine fellowship training at the internationally recognized Southern California Center for Sports Medicine in Long Beach, California.

Board-certified by the American Board of Orthopedic Surgery and sub-specialty board-certified by the American Orthopedic Society for Sports Medicine, Dr. Tifford is the author of numerous scientific articles and book chapters and has presented and lectured at meetings nationwide. He has appeared on radio and television including WABC, Fox and Connecticut News Channel 12. His areas of interest and expertise include athletic injuries, arthroscopy and reconstruction of the knee and shoulder joints. Dr. Tifford is an Associate Master Instructor at the Orthopedic Learning Center, where he is involved in the teaching of arthroscopic surgery skills to surgeons from all over the world.

This is Dr. Tifford's and Brooks' fifth consecutive year being chosen as one of CT's Top Doctors.

ORTHOPAEDIC SURGERY & SPORTS MEDICINE, PC

1290 Summer St., Ste. 4400, Stamford • (203) 323-7331 • 166 Cherry St., New Canaan • (203) 323-7331 • ossm.net

STEPHEN CALDERON, M.D., HOWARD LANTNER, M.D.

Board-certified neurosurgeons STEPHEN CALDERON and HOWARD LANTNER are experts in surgery of the brain and spine. They treat a wide range of spine and brain disorders both non-surgically and surgically when needed. They each have maintained their private neurosurgical practice for over 20 years. All surgical procedures are performed personally by them and they do not utilize residents or students in any surgery. They maintain privileges at Saint Francis Hospital, Hartford Hospital and ECHN in addition to outpatient surgery centers in Glastonbury and Hartford.

Both Drs. Lantner and Calderon are part of the Spine Institute of Connecticut at Saint Francis Hospital. This has promoted collaborative review of challenging cases as well as participation in a national databank to track and analyze outcomes. This has resulted in very effective management of patients with spine problems. All surgical procedures are performed in a state-of-the-art operating room with the latest technology.

Dr. Lantner has received numerous "Top Doc" awards. He is one of the few spine fellowship trained neurosurgeons in Hartford County and has extensive experience with minimally invasive procedures and complex spine surgery. He is the co-director of the Spine Institute of Connecticut at Saint Francis Hospital. He has been the leading surgeon in Connecticut for outpatient spine surgery and the majority of spine surgery in his practice is performed as a same day outpatient procedure. He is available to see patients in Glastonbury, Farmington, Hartford and Enfield offices. For additional information, see howardlantnermd.com.

Dr. Calderon has been in practice for over 25 years and specializes in treating a full spectrum of both cranial and spinal disorders. He utilizes the latest techniques and technologies, including minimally invasive cranial and spinal surgery and CyberKnife radiosurgery in both inpatient and outpatient settings. He is Chief of Neurosurgery at Saint Francis. His strong belief in delivering personal, compassionate care to his patients throughout their treatment has resulted in numerous "Top Doctor" awards in *Connecticut* and *Hartford* magazines. He sees patients in Hartford and Enfield offices.

1000 Asylum Ave., Ste. 3208, Hartford • (860) 522-7121
704 Hebron Ave., Ste. 103, Glastonbury • (860) 522-7121
11 South Rd., Ste. 250, Farmington • (860) 522-7121
7 Elm St., Ste. 207, Enfield • (860) 522-7121

DR. MICHAEL A. CASSETTA
MEDICAL SCHOOL
Kansas City University of Medicine and Biosciences
INTERNAL MEDICINE RESIDENCY
St. Barnabas Hospital
RHEUMATOLOGY FELLOWSHIP
Mount Sinai School of Medicine

DR. GLENN M. RICH
MEDICAL SCHOOL
Weill Cornell Medical College
INTERNAL MEDICINE RESIDENCY
St. Luke's Hospital Columbia University College of Physicians and Surgeons
FELLOWSHIP
Endocrinology and Hypertension
Brigham and Women's Hospital
Harvard Medical School

MICHAEL CASSETTA, D.O., GLENN RICH, M.D.

DRS. MICHAEL CASSETTA and GLENN RICH are part of Fairfield County Medical Group, a five physician multi-specialty internal medicine practice.

DR. CASSETTA received his B.A. from the University of Notre Dame and his D.O. from Kansas City University of Medicine and Biosciences. He completed his residency in internal medicine at St. Barnabas Hospital in the Bronx and his fellowship in rheumatology at Mount Sinai Medical Center in Manhattan. As a rheumatologist, he treats patients who suffer from a wide range of musculoskeletal and connective tissue diseases including rheumatoid arthritis, fibromyalgia, lupus, osteoarthritis, osteoporosis, gout, psoriatic arthritis, autoimmune diseases, and inflammatory diseases. He performs thorough evaluations and works with patients' other physicians to provide optimal care for people. He enjoys the long-term relationships he develops with patients, and educates them about their disorders, risks, lifestyle changes, and new treatment options. He also volunteers and serves as an officer for the Newtown Underwater Search and Rescue Team.

DR. RICH is a Harvard-trained endocrinologist and obesity specialist who treats patients with diabetes, obesity, thyroid disease, osteoporosis, adrenal disorders, and other metabolic syndromes. His warm and caring manner helps him connect with patients and work with them to improve their health. "Weight related disorders and diabetes pose some of the greatest challenges in health care," he says. "We have new therapies to help treat these disorders, but no therapy is effective unless we work together toward a common goal." The new Weight Control Center at Fairfield County Medical Group takes a multidisciplinary approach to managing patients with obesity, providing evidence-based, compassionate care. Their team includes an in-office nutritionist and diabetic educator.

He was recently certified by the American Board of Obesity Medicine as an ABOM Diplomate, which represents the highest level of achievement in obesity medicine. He is also a diplomate in internal medicine and endocrinology, diabetes and metabolism. The American Diabetes Association and Diabetes Recognition Program of the National Committee for Quality Assurance have recognized him for providing quality care to patients with diabetes.

FAIRFIELD COUNTY MEDICAL GROUP, P.C.
15 Corporate Dr., Trumbull
(203) 459-5100 • fairfieldcountymedical.com

MEDICAL SCHOOL
State University of New York at Buffalo

HOSPITAL
Bridgeport Hospital

PROFESSIONAL AFFILIATIONS
American College of Obstetrics & Gynecology

Connecticut Association of Physicians of Indian Origin

RONIKA D. CHOUDHARY, M.D., F.A.C.O.G.

DR. RONIKA D. CHOUDHARY has been chosen a Top Doc in Connecticut for the past seven years. She has earned a stellar reputation for providing compassionate, comprehensive care for women of all ages and reproductive phases. She notes that many healthy women get their main health care from gynecologists. As a result, her growing practice offers a holistic approach to health, counseling of nutrition and mental health, and naturopathy to help heal women without first jumping to write a prescription.

She has a team of board-certified physicians who share her approach, OB/GYNs Dina Barnaby, D.O., Kikelomo Otuyelu-Garritano, M.D. and Lealani Rodriguez, M.D. The multicultural group of providers reflect their diverse patient population and speak English, Spanish, Punjabi, Telagu, Urdu and Yoruba. They love what they do as they empower women when it comes to health and well-being. Dr. Choudhary is proud that they are women dedicated to taking care of women, ready, willing and able to hold the hands of patients through every stage of life. The team maintains a small practice feel yet offers collaborative care with nutritionists, psychologists and providers of alternative medicine.

"We are in the process of refining and honing comprehensive care for our patients by providing support for women through postpartum support groups, as well as birthing classes and lactation support and nutritional counseling," she explains. "We try and provide same day care for patients who need to be seen for acute issues. We want to be available especially when we are needed. We provide services in general gynecology, adolescent gynecology, low and high risk obstetrics, minimally invasive gynecology surgery, and menopausal transition."

Dr. Choudhary and her teams strongly believe in educating their patients about their health and prevention of disease. They treat the whole person in a warm and nurturing practice. "I believe women's concerns are not often heard." She and the other providers in her practice listen attentively to patients and evaluate their personal circumstances, habits and stressors that affect their overall health and well-being.

WOMEN'S OBSTETRICS & GYNECOLOGY, PC

115 Technology Dr., Ste. A200, Trumbull
140 Sherman St., 5th Fl., Fairfield

(203) 268-2239
womensobandgyn.com

DR. MICHAEL J. FLANAGAN, M.D.

MEDICAL SCHOOL
UMDNJ-Rutgers Medical School

RESIDENCY
Temple University Hospital

HOSPITALS
St. Mary's Hospital
Waterbury Hospital

PROFESSIONAL AFFILIATIONS
American Urologic Association
American Board of Urology (Diplomate)
New Haven Medical Association
Waterbury Medical Association
Connecticut Medical Society
Connecticut Urology Society

DR. ANTHONY KIM

MEDICAL SCHOOL
Boston University School of Medicine

RESIDENCY
Yale-New Haven Hospital

HOSPITALS
Waterbury Hospital
St. Mary's Hospital
Midstate Hospital

PROFESSIONAL AFFILIATIONS
American Board of Urology (Diplomate)
Society of Laparoendoscopic Surgeons

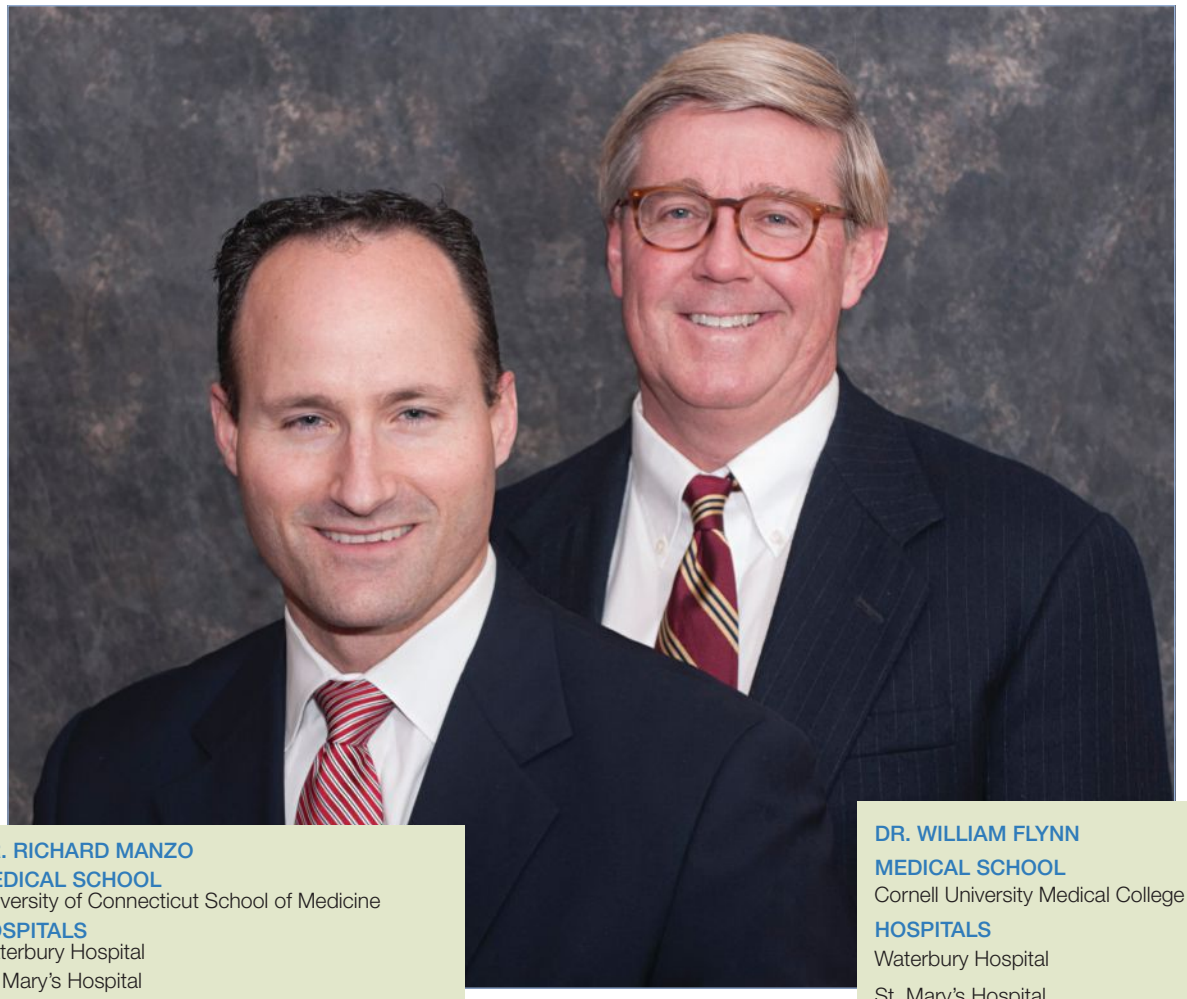
MICHAEL J. FLANAGAN, M.D., ANTHONY KIM, M.D.

DR. ANTHONY KIM is a graduate of Boston University School of Medicine and completed his general surgery residency and urology residency at Yale-New Haven Hospital. He has extensive experience in robotically assisted laparoscopic surgery, complex kidney stone procedures, minimally invasive laser surgery of the prostate, female incontinence, and male infertility. He states that "Urology Specialists, PC has extensive experience in clinical research, and that this has fostered a commitment to our patients to utilize the most modern technology to assist in the diagnosis and treatment of urologic disorders." Dr. Kim prides himself in incorporating evidence based medicine with his friendly communication skills to formulate a treatment plan to enhance the quality of care for his patients, to maximize their treatment outcomes, and to provide a meaningful doctor-patient relationship.

DR. MICHAEL FLANAGAN is the medical director for Urology Specialists, P.C. and a sub-investigator of Connecticut Clinical Research Center. A graduate of Clark University, he earned his medical degree from UMDNJ-Rutgers Medical School. He interned and did two years of his residency in general surgery at Waterbury Hospital before completing four years of training in urology at Temple University in Philadelphia. His confident and easy-going manner make patients feel relaxed. His special interests include robotic prostate surgery, female incontinence, urologic cancer, kidney stones and laparoscopic surgery for kidney removal. When treating female patients, he partners with gynecologists to complement their care and help improve outcomes.

Urology Specialists PC is full service comprehensive practice of peer-respected urologists. It is affiliated with the Connecticut Clinical Research Center (CCRC) as well as Connecticut Center for Continence (CCC), both located within the same facility. It is a collaborative practice providing comprehensive care of urologic problems for patients spanning all ages and both genders.

UROLOGY SPECIALISTS, PC
CONNECTICUT CLINICAL RESEARCH CENTER
CONNECTICUT CENTER FOR CONTINENCE
1579 Straits Tpke., Suite 2A, Middlebury • (203) 757-8361
10 Main St., So., Southbury • (203) 757-8361 • urospec.com



DR. RICHARD MANZO
MEDICAL SCHOOL
University of Connecticut School of Medicine
HOSPITALS
Waterbury Hospital
St. Mary's Hospital
Southington Surgery Center
PROFESSIONAL AFFILIATIONS
American Academy of Orthopedic Surgeons (Fellow)
American Society for Surgery of the Hand
Connecticut Orthopaedic Society

DR. WILLIAM FLYNN
MEDICAL SCHOOL
Cornell University Medical College
HOSPITALS
Waterbury Hospital
St. Mary's Hospital
Southington Surgery Center
PROFESSIONAL AFFILIATIONS
American Academy of Orthopedic Surgeons (Fellow)

WILLIAM F. FLYNN JR., M.D., RICHARD L. MANZO, M.D.

DR. RICHARD MANZO is board-certified in Orthopaedic Surgery and additionally fellowship trained and subspecialty certified in hand and upper extremity surgery including microsurgery. He has been recognized by his peers as a Connecticut Magazine Top Doc for 3 consecutive years.

An honors graduate of Princeton University and the University of Connecticut, School of Medicine, Dr. Manzo believes in restoring the greatest function possible utilizing the most advanced, least invasive treatments available. His special interests include complex hand and wrist trauma, open and arthroscopic surgery of the shoulder and elbow, and both surgical and non-surgical treatments of other painful conditions of the upper extremity.

Dr. Manzo and his partner Dr. Andrew Nelson along with their skilled team of therapists at The Hand to Shoulder Center, have merged with the specialists of Neurosurgery, Orthopaedics and Spine Specialists, PC (NOSS) to form the only comprehensive musculoskeletal practice in the region.

DR. WILLIAM FLYNN , a board certified orthopaedic surgeon with 25 years experience, is a partner at NOSS and specializes in Joint Replacement and Sports Medicine. He is a graduate of Princeton University, Cornell University Medical College and did his residency at the Hospital for Special Surgery in NYC. He completed a Joint Replacement Fellowship at HSS, and is the only fellowship trained Joint Replacement surgeon in the Greater Waterbury area. Dr. Flynn performs both simple and complex reconstruction of hips, knees, and shoulders, including resurfacing and less invasive procedures. He has been published in peer-reviewed journals and orthopaedic textbooks, and has interests in metabolic bone disease, osteoporosis and the impact of exercise on sports and general health.

Dr. Flynn is the team doctor for local area high schools and believes that community health is a partnership between patients and medical providers. He believes that a strong patient relationship is paramount, whether a person requires surgical or non-surgical treatment, and that the comprehensive nature of the team at NOSS allows for optimal treatment for everyone.

NEUROSURGERY, ORTHOPAEDICS & SPINE SPECIALISTS, PC
500 Chase Pkwy., Waterbury
330 Bridgeport Ave., Shelton
Two Pomperaug Office Park, Ste. 308, Southbury
(203) 755-NOSS (6677) • nossmd.com

THE HAND TO SHOULDER CENTER
1320 West Main St., Waterbury
(203) 755-7115 • handtoshouldercenter.com

MEDICAL SCHOOL
New York University School of Medicine

HOSPITALS
Griffin Hospital
Yale-New Haven Hospital
MidState Medical Center

PROFESSIONAL AFFILIATIONS
American Association of Neurological Surgeons (Fellow)
Congress of Neurological Surgeons
American College of Surgeons (Fellow)
Women in Neurosurgery
New England Neurosurgical Society
Alpha Omega Alpha

JUDITH L. GORELICK, M.D., FACS

DR. JUDITH L. GORELICK is among the few female neurosurgeons practicing in Connecticut. She graduated Cornell University with a B.S in neurobiology before earning her medical degree from New York University School of Medicine. She completed her residency in neurosurgery at the University of Michigan Medical Center and began her clinical practice of neurosurgery in Connecticut in 2001.

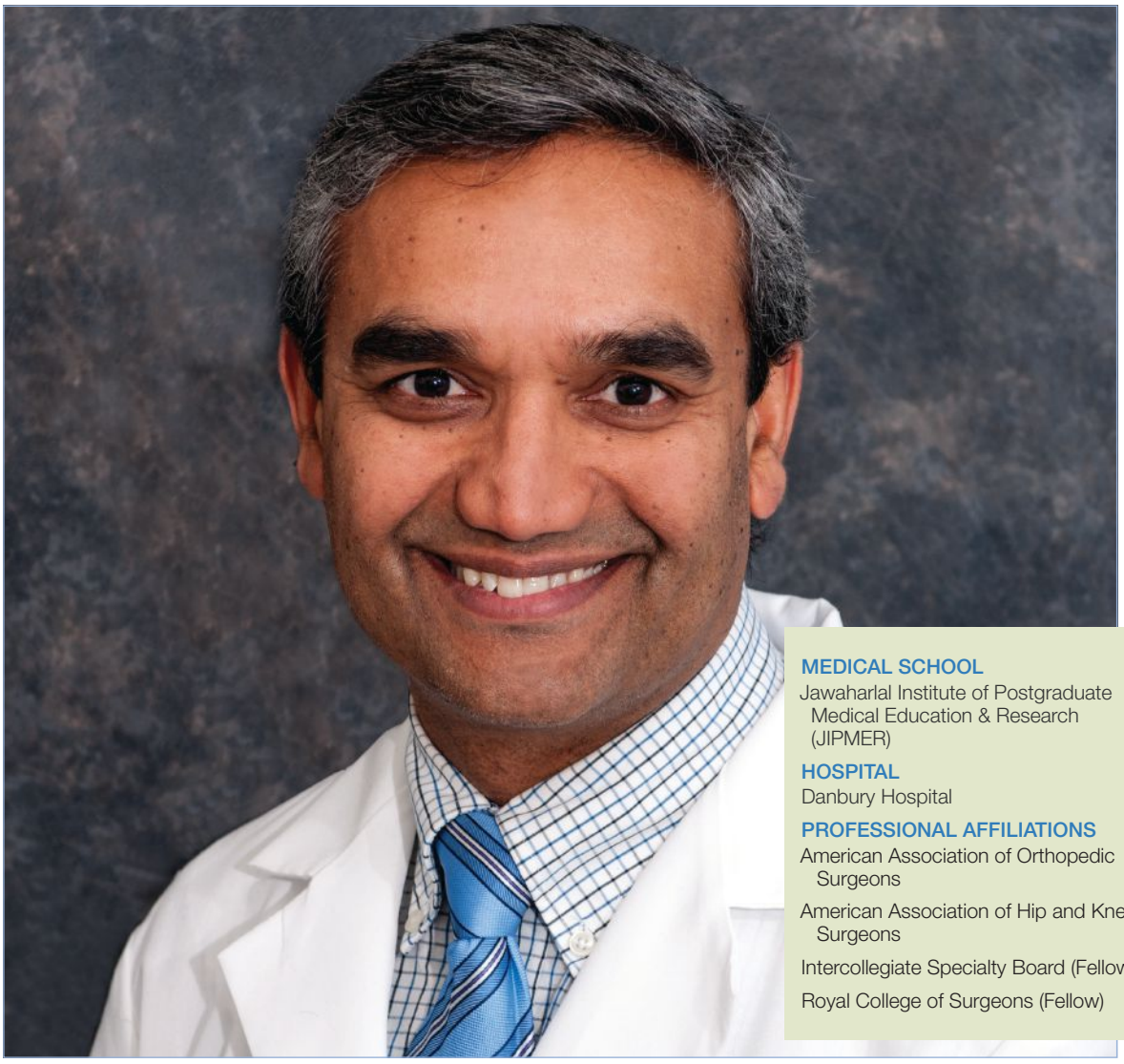
With 15 years of experience, Dr. Gorelick recently joined the multidisciplinary group NOSS and leads their Shelton, CT office. Additionally, she has assumed the role of Section Chief of Neurosurgery at Griffin Hospital.

"My reputation is based on being extremely thorough and taking time with all of my patients," she says. She provides broad, comprehensive care and believes in "not rushing to the OR" before thoroughly discussing all options with her patients. Her goal is to do what is in the best interest of each patient and to educate them on their condition. Dr. Gorelick notes that a patient who understands their condition is in the best position to make a good decision about their care. In the high-tech world of medicine today, Dr. Gorelick stresses how important the art of listening and compassion are to patients. Dr. Gorelick works with excellent colleagues who round out the spectrum of care. "Patients feel really comfortable and like the concept of a team approach to surgery," says Dr. Gorelick, who notes this approach often results in faster recoveries and better outcomes.

Dr. Gorelick serves on the medical advisory panel for the State of Connecticut Workers' Compensation board, is a member of the Connecticut Chapter of the American College of Surgeons Committee on new applicants, has published numerous scholarly articles in peer reviewed journals and enjoys giving community lectures on a broad spectrum of neurosurgical topics.

Dr. Gorelick is most proud to balance her career in neurosurgery with her role as mom of two incredible sons and to share her life with her physician-husband of over twenty years.

NEUROSURGERY, ORTHOPAEDICS & SPINE SPECIALISTS, PC
330 Bridgeport Ave., Shelton
(203) 755-6677 • nossmd.com



MEDICAL SCHOOL
Jawaharlal Institute of Postgraduate Medical Education & Research (JIPMER)

HOSPITAL
Danbury Hospital

PROFESSIONAL AFFILIATIONS
American Association of Orthopedic Surgeons

American Association of Hip and Knee Surgeons

Intercollegiate Specialty Board (Fellow)

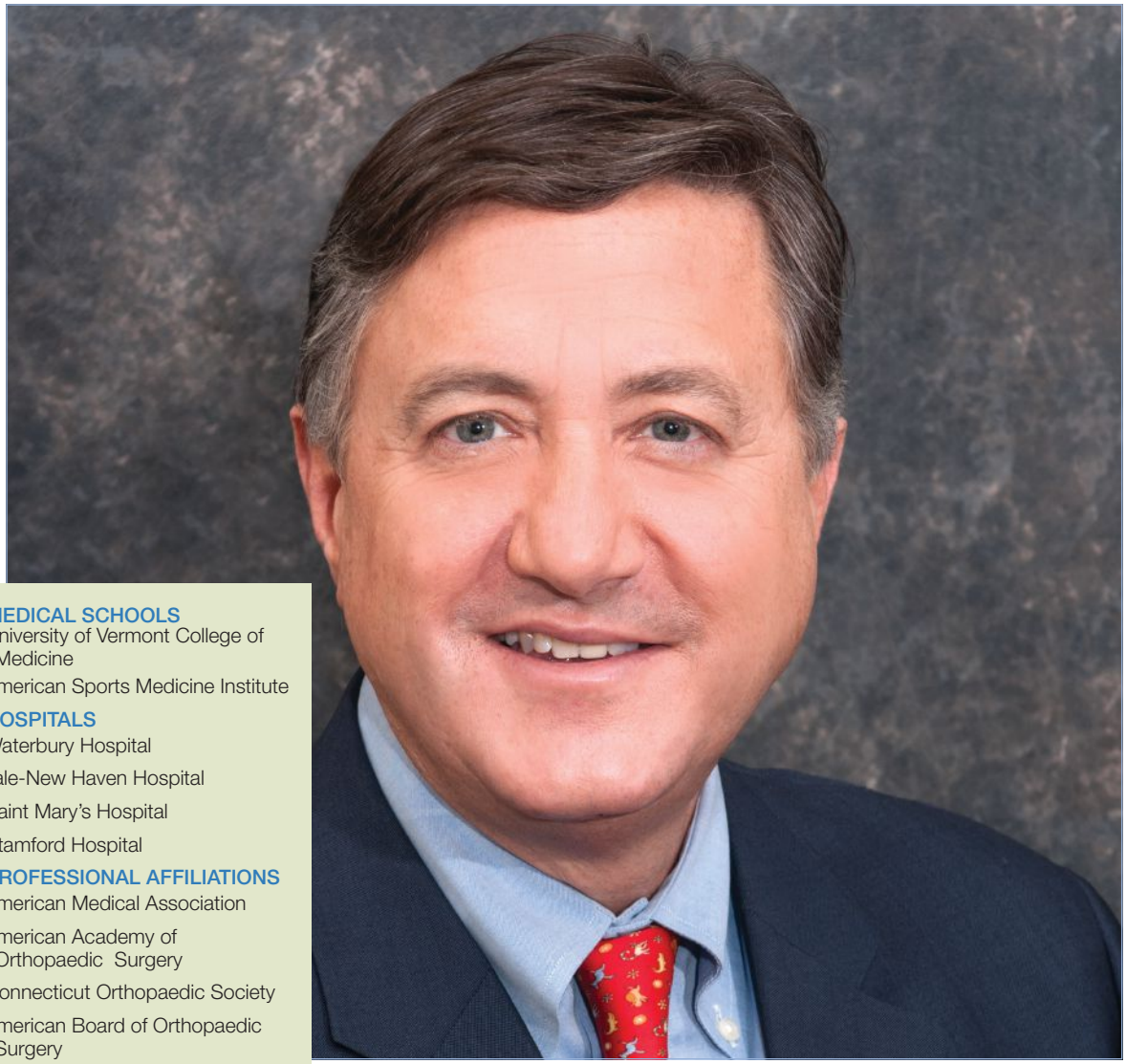
Royal College of Surgeons (Fellow)

SANJAY K. GUPTA, M.D. FRCS, FRCS (ORTH)

DR. SANJAY K. GUPTA is a graduate of JIPMER, a top medical school in Pondicherry, India. He completed his orthopedic residency and earned a Masters in Orthopedic Engineering from the University Hospital of Wales in Cardiff. He completed a two year fellowship in adult hip and knee reconstruction at the Hospital for Special Surgery and Lenox Hill Hospital. He is an assistant professor at the University Of Vermont School Of Medicine and serves as medical director for joint replacement at Danbury Hospital.

Although he has performed thousands of successful traditional knee and hip replacements, he is proud that Danbury Hospital recently became the first one in the state to offer robotic-assisted joint replacement surgery. The longevity of artificial joints depends, in part, on the alignment. Using a 3-D model of the joint, he performs virtual surgery on the screen first, then on the patient with the help of a robotic arm. This means very precise alignment of all moving parts and being able to make adjustments during surgery, so "there's no surprise."

ORTHOPAEDICS SPECIALISTS OF CONNECTICUT
60 Old New Milford Road, Suite 3E, Brookfield
(203) 775-6205 • sanjaykguptamd.com



MEDICAL SCHOOLS
University of Vermont College of Medicine
American Sports Medicine Institute

HOSPITALS
Waterbury Hospital
Yale-New Haven Hospital
Saint Mary's Hospital
Stamford Hospital

PROFESSIONAL AFFILIATIONS
American Medical Association
American Academy of Orthopaedic Surgery
Connecticut Orthopaedic Society
American Board of Orthopaedic Surgery

MICHAEL J. KAPLAN, M.D.

DR. MICHAEL KAPLAN is senior medical correspondent for ESPN, where he explains the injuries sustained by players on major teams. A former team physician with the NFL, he was on the Team USA at the European games in Berlin this past summer. In 2017, he will be a team physician for Team USA at the Maccabean games in Israel.

Dr. Kaplan earned a B.A. from Brown University. He graduated with honors from the University of Vermont College of Medicine. He did surgical and orthopedic residencies through the University of Vermont College of Medicine and completed a fellowship in sports medicine at the distinguished American Sports Medicine Institute with James Andrews and Bill Clancy.

An authority in partial knee replacement and shoulder surgery, he treats patients, including non-athletes and weekend warriors in addition to competitive and professional athletes, who ache from activities of daily life. He also treats patients who suffer from pain in their hips and hands. He performs both full and partial knee replacements and has done the highest number of partial knee replacements in Connecticut and the second highest in the Northeast. A clinical instructor at Yale University Department of Orthopedics, Dr. Kaplan developed his own design and technique in partial knee replacement. Orthopedists throughout the country now use them.

"Pain and functional compromise are depressors, and it's a privilege to help people back to better function." He offers preventative medicine, diagnosis, conservative care through operative management of cartilage and ligament deficiency and reconstructive procedures. While he sees athletes who train daily and play hard, he offers ordinary patients the same superior care. 'All ages and personalities deserve this type of medical attention," he says.

DR. MICHAEL J. KAPLAN & ACTIVE ORTHOPAEDICS P.C.
1579 Straits Tpk., Middlebury
203-758-1272 • activeorthopaedicspc.com

MEDICAL SCHOOL
Albert Einstein College of Medicine

HOSPITALS
Bridgeport Hospital
Saint Vincent's Medical Center
Greenwich Hospital

PROFESSIONAL AFFILIATIONS
American Medical Association
American Society of Plastic Surgeons
American Medical Women's Association

ANYA KISHINEVSKY, M.D.

DR. ANYA KISHINEVSKY has become the go-to doctor for both reconstructive and cosmetic plastic surgery due to her talent and dedication. Her impressive credentials include graduation with honors from Johns Hopkins University and earning an M.D. from Albert Einstein College of Medicine. She completed a residency in general surgery at Montefiore Medical Center and a residency in plastic surgery at Yale-New Haven Hospital. She trained with prominent cosmetic surgeons including Drs. Jack Gunter, Sherrell Aston, Nicholas Tabbal, Dan Baker, and Allan Matarasso. She earned academic honors for her research projects and teaching skills.

Dr. Kishinevsky educates patients about all options to achieve their best outcome. She offers the latest, advanced options for breast reconstruction, including microsurgery, purified fat transfer, implants, and muscle flaps with natural looking results and minimal scarring. She performs body contouring from head to toe, from "Mommy makeovers" to weight loss patients. She helps patients look younger with traditional full, lower, mid, or mini facelifts, eyelid surgery, and facial peels. Patients who rejoin the workforce appreciate the added confidence that a more youthful yet natural appearance provides. Other patients achieve excellent results with nonsurgical techniques, such as Botox and fillers.

Dr. Kishinevsky is available 24/7 to treat people of all ages who have had facial injuries, such as from animal bites, falls or car accidents. She has worked on high profile facial reconstruction cases throughout Fairfield County. She is known for her warmth and compassion, her meticulous attention to detail, creating the smallest possible scars and treating patients in a comfortable and relaxing office setting. Such accessibility saves trips to the emergency department, and there is less anxiety and shorter wait times. She performs surgery in an accredited ambulatory surgical center. She works with highly experienced anesthetists who remain at the patient's side throughout surgery. Her "staff is warm and caring, and with you every step of the way." She appears on WEBE 108 radio monthly to inform listeners about reconstructive and cosmetic procedures.

ANYA KISHINEVSKY, M.D.
722 Post Rd., Darien • (203) 656-9999
55 Walls Dr., Suite 405, Fairfield • (203) 656-9999 • anyakishinevskymd.com

MEDICAL SCHOOL
University of Medicine and Dentistry of New Jersey

HOSPITALS
Danbury Hospital
New Milford Hospital
St. Mary's Hospital
Bridgeport Hospital
Norwalk Hospital

PROFESSIONAL AFFILIATIONS
American Society of Interventional Pain Physicians
Connecticut Pain Society
North American Spine Society
Fairfield County Medical Association
Connecticut Medical Society

DAVID C. LEVI, M.D.

DR. DAVID LEVI understands that it's not a good day when you have to visit the doctor for your pain. "There's a major focus today on the treatment of pain in this country," he says. "Thankfully, with the advent of minimally invasive procedures, newer medications and nonnarcotic treatments, we've been able to go a long way toward allowing patients to return to the lives they want to live…, allowing them to become functional with as little pain as possible." Any rec¬ommendations he makes for their treatment are the very same ones he would make for a family member.

He notes that a major change he's seen in his patients over the last few years has been their ability to inform and educate themselves about their conditions. "Quite a few of our pa¬tients arrive at an appointment and they've already researched their problems….they come in here much better informed than patients of ten years ago….[and] that makes for a much better conversation about their treatment. "

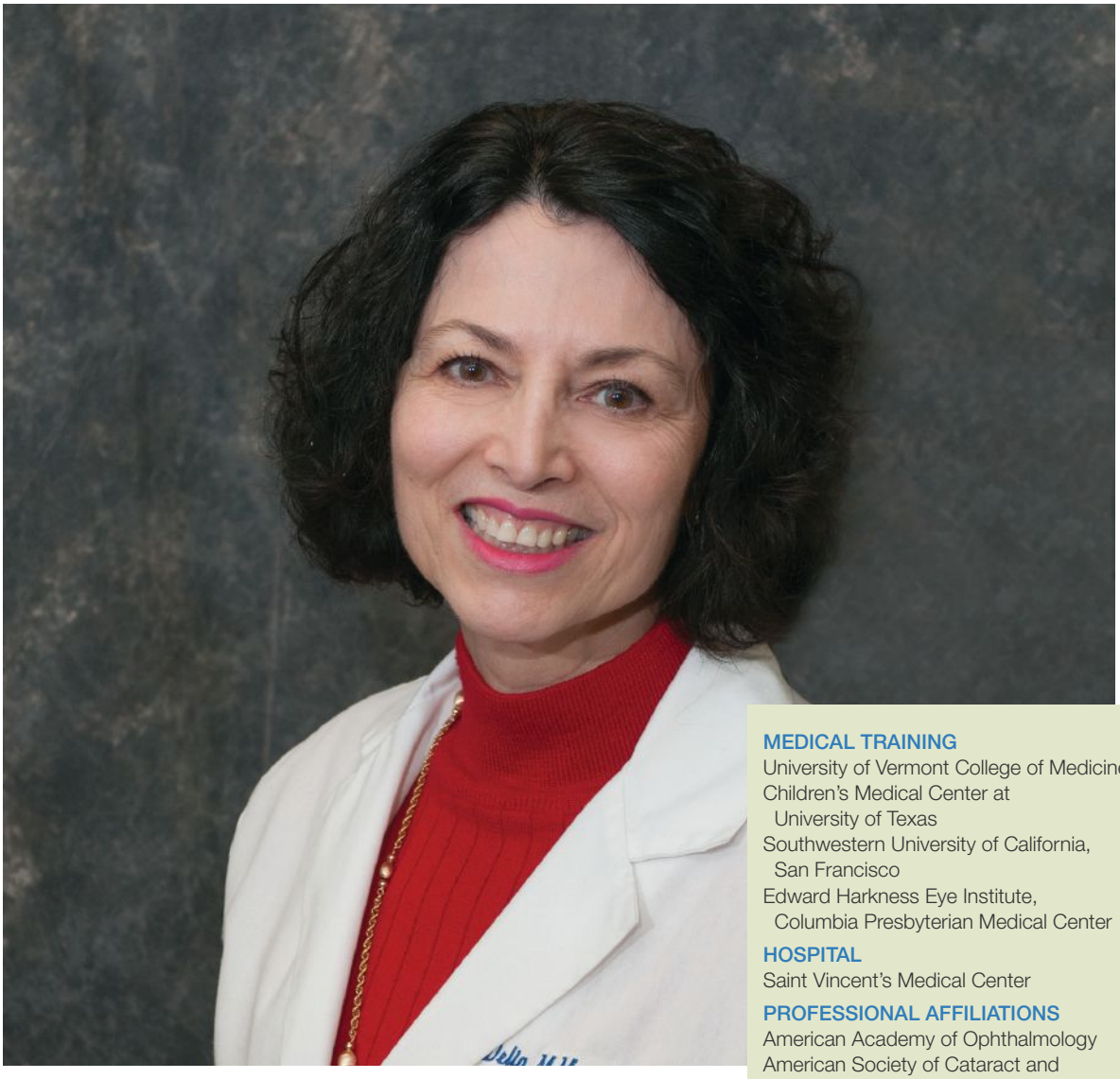
His practice takes pride in the personal interest it accords in each patient, remaining focused on individual needs. His major reward: "When a patient commu¬nicates to us that they've been able to return to running, playing golf or lifting their grandchildren."

In 2015 he partnered with the National Pain and Spine Centers to bring technology and further expertise to the practice. It has been a very successful partnership over the past year, offering the most cutting edge options for patient care.

Dr. Levi, who is president of Pain and Spine Specialists of Connecticut, earned his undergraduate degree and doctorate in anesthesiology from the University of Michigan. He received his medical degree from the University of Medicine and Dentistry of New Jersey and completed his internship at the Mayo Clinic and residency in anesthesia training and a pain medicine fellowship at Stanford University. He is board-certified in anesthesiology and pain medicine by the American Board of Anesthesiology, with specialties in pain medicine and anesthesiology.

PAIN AND SPINE SPECIALISTS OF CONNECTICUT, LLC

67 Sandpit Rd., Ste. 308, Danbury
5520 Park Ave., Trumbull
131 Kent Road, New Milford
1579 Straits Tpke., Middlebury
11 South Rd., Farmington
(203) 743-7246 • painandspinespecialistsct.com



MEDICAL TRAINING
University of Vermont College of Medicine
Children's Medical Center at University of Texas
Southwestern University of California, San Francisco
Edward Harkness Eye Institute, Columbia Presbyterian Medical Center

HOSPITAL
Saint Vincent's Medical Center

PROFESSIONAL AFFILIATIONS
American Academy of Ophthalmology
American Society of Cataract and Refractive Surgery
Connecticut Society of Eye Physicians

DELIA MANJONEY, M.D.

DR. DELIA MANJONEY comes from a family of several physicians, including her father, two uncles and four siblings. This "gives me a different perspective of things," she says. She graduated magna cum laude from Roanoke College before earning her medical degree from the University of Vermont College of Medicine. She completed her internship and residency in pediatrics at the University of Texas Children's Medical Center and did a partial fellowship in pediatric cardiology at UCSF before she decided to go into ophthalmology. Ophthalmology is a "nice blend of patient contact, strong interpersonal relationships and surgery," she says, and "it is very rewarding to be able to restore someone's vision."

Dr. Manjoney practiced comprehensive ophthalmology with her father for 15 years before practicing solo. She specializes in cataract surgery, treatment of glaucoma and general ophthalmology. She began to offer cosmetic procedures at the request of some women patients who wanted to look younger, she offers Botox and fillers and also blepharoplasties of upper lids. She makes sure that she and her patients "come to a consensus about the best options for them" and that patients have "very realistic expectations," especially about cosmetic procedures. All treatment is highly individualized.

Rated a top doctor in *Connecticut Magazine* since 2009 and by Castle & Connelly since 1997, she says, "I am honored and humbled to be recognized by my peers and by the support of my patients." Her education as a physician is never over. "When you stop learning, you stop growing and you're actually regressing," she says. "Technology is changing so quickly and so dramatically. You have to learn something new every year."

DELIA MANJONEY, M.D.
2720 Main St., Bridgeport • (203) 576-6500 • manjoneyeye.com

MEDICAL SCHOOL
Columbia University College of Physicians and Surgeons

HOSPITALS
Waterbury Hospital
Saint Mary's Hospital
Naugatuck Valley Surgical Center
Connecticut Children's Medical Center

PROFESSIONAL AFFILIATIONS
American Academy of Orthopaedic Surgeons
New England Shoulder & Elbow Society
Arthroscopy Association of North America

ERIC J. OLSON, M.D.

DR. ERIC J. OLSON graduated from Columbia University College of Physicians and Surgeons. He completed his internship in general surgery, residency in orthopaedic surgery and fellowship in sports medicine at the University of Pittsburgh. He was chief of sports medicine in the U.S. Army at Walter Reed Medical Center.

Dr. Olson says he is passionate about orthpaedics because "it combines my mind, my great training, my hands, technology and visual thinking and allows me to change people's life for the better." He likes the intellectual puzzle of repairing tendons and bones in the shoulder, knees and hips. His philosophy is to treat each patient as he would want to be treated himself.

While arthroscopic rotator cuff repairs remain his favorite operation, as his patients have been aging, many have sought his care for knee, hip and shoulder replacements. For knee replacements, he sends an MRI of each patient's knee to individually engineer how their new knee will be optimally sized and positioned. Using 3-D printer technology, a personalized cutting block is created for the operating room to help him position the knee components accurately, predictably and less invasively.

Dr. Olson is excited about the newest techniques to repair shoulders that have worn out. New shoulder replacement designs provide pain relief and improved function with more durable and less invasive implants. These can be used for relatively younger patients with intact rotator cuffs. For older patients with arthritis whose rotator cuffs have failed, he performs reverse shoulder replacements. "For people who are in pain and have lost their ability to get their arm over their head, this can be life transforming surgery."

Along with physical therapy, Dr. Olson works with complementary medicine practitioners to reduce pain and enhance healing. He and his wife, Beatriz, an endocrinologist, co-teach "The Healer's Art" at Yale Medical School. He is team physician for Naugatuck High School.

WATERBURY ORTHOPAEDICS ASSOCIATES, PC
1211 West Main St., Waterbury • (203) 755-0163 • waterburyortho.com

Left to right: Dr. Nicholas A. Viner, Dr. Edward B. Paraiso, Dr. Robert P. Weinstein

EDWARD B. PARAISO, M.D., NICHOLAS A. VINER, M.D., ROBERT P. WEINSTEIN, M.D.

The medical staff of Urologic Associates of Bridgeport encourages patients to play an active role in their treatment. The practice, composed of Drs. Edward Paraiso II, Nicholas A. Viner and Robert P. Weinstein, with partners Drs. Jeremy D. Kaufman, Howard L. Zuckerman and Physicians' Assistant Jessica V. Martins, stays abreast of the latest treatments and technological advances to ensure the highest urological care. All physicians are board-certified urologists with subspecialties covering a wide spectrum of urological diseases in men, women and children. Among the services and procedures provided are: Robotic and minimally invasive surgery for the prostate, kidney, and bladder; advanced treatments for benign prostatic hyperplasia (BPH); no-scalpel vasectomy; male sexual health and male infertility; urinary incontinence and voiding dysfunction; pediatric urology; stone disease (treatment and prevention).

Urological Associates of Bridgeport is affiliated with Bridgeport Hospital, St. Vincent's Medical Center and Milford Hospital.

EDWARD B. PARAISO II received his B.S. degree from SUNY Albany and medical degree from Albert Einstein College of Medicine, with distinction in research. He completed residencies in general surgery and urology at SUNY Downstate Medical Center and is certified by the American Board of Urology. He is a member of the American Urological Association and Endourological Society. He practices general urology focusing on urological oncological surgery, which includes robotic cystectomy, partial nephrectomy and prostatectomy.

NICHOLAS A. VINER earned his undergraduate degree from The College of Holy Cross, medical degree from Vanderbilt Medical School, and completed residencies in general surgery at Greenwich Hospital and urology at Vanderbilt Hospital. He is board-certified in urology and is a fellow of the American College of Surgeons.

ROBERT P. WEINSTEIN received his B.S. from SUNY Albany and medical degree from SUNY Health Science Center, where he was chief resident and clinical assistant instructor of surgery and urology. He is a member of Alpha Omega Alpha, the American Medical Association and the American Urological Association and is certified by the American Board of Urology.

Dr. Weinstein says: "some of the most important attributes of our practice are the comprehensive approach and technological advances that ultimately bring great benefit to our patients."

UROLOGIC ASSOCIATES OF BRIDGEPORT, PC

160 Hawley La., Trumbull • (203) 375-3456
281 Seaside Ave., Milford • (203) 301-0881
52 Beach Rd., Fairfield • (203) 255-6825
urolassoc.com

HOSPITALS
Saint Mary's Hospital
Waterbury Hospital
Yale-New Haven Hospital

PROFESSIONAL AFFILIATIONS
Spine Intervention Society
American Academy of Physical Medicine & Rehabilitation
North American Spine Society

BHAVESH R. PATEL, M.D.

DR. BHAVESH R. PATEL is the founder and president of Interventional Spine & Sports Medicine, PC. He has been treating patients in the Greater Waterbury area for more than 15 years, founding his solo practice in 2010 to reflect his belief in more personalized nonoperative spine and orthopedic care. Dr. Patel did his residency in phyiscal medicine and rehabilation at Temple University School of Medicine and a fellowship in Interventional Spine & Sports medicine at New York City's world-renowned Spine Institute at Beth Israel Medical Center. He is assistant professor at Quinnipiac University Frank H. Netter School of Medicine.

He is board-certified in physical medicine and rehabilitation as well as pain medicine. His treatment philosphy is to help his patients avoid surgery whenever possible, using a multidisciplinary nonsurgical approach to treat spine and orthopedic conditions.

His goal is to help patients suffering from a broad range of spinal and orthopedic conditions to help eliminate pain and restore function using the most current conservative treatment options. He often combines analgesic medications, physical therapy, excercise and X-ray guided therapeutic spinal injections to decrease pain and inflammation. So patients may benefit and progress in physical therapy and/or self-directed home exercise program. Dr. Patel also offers his patients ultrasound guided periperhal joint injections and plasma rich protein (PRP) injections for tendon and joint pain. He is also now offering Botox injections for migraine headaches. "The most rewarding aspect of my work is enabling my patients to improve the day to function and lessen their pain," he says

He strives to be accessible, seeing emergency patients within 24 to 48 hours. Patients in extreme pain appreciate the care and attention they receive from the entire staff. He will be seeing patients in his new Farmington Office.

INTERVENTIONAL SPINE & SPORTS MEDICINE, PC

1579 Straits Tpk., Middlebury
166 Waterbury Rd., Ste. 204, Prospect
399 Farmington Ave., Farmington
(203) 598-PAIN (7246) • ctspinedoc.com

MEDICAL SCHOOL
Temple University School of Medicine

HOSPITALS
The William W. Backus Hospital
Yale-New Haven Shoreline Medical Center
Lawrence & Memorial Hospital
Day Kimball Healthcare
River Valley Ambulatory Surgery Center
Middlesex Hospital

PROFESSIONAL AFFILIATIONS
American Board of Plastic Surgery (Diplomate)
American Board of Surgery (Diplomate)
American Society of Plastic Surgeons
American College of Surgeons (Fellow)
Northeastern Society of Plastic Surgeons
Connecticut Society of Plastic Surgeons

VINOD V. PATHY, M.D., F.A.C.S.

DR. VINOD V. PATHY earned his Bachelor of Science Intensive Degree from Yale University in biology, completing a senior-year thesis in neurobiology. He received his medical degree from Temple University School of Medicine, and completed his residencies in general surgery and plastic surgery at Montefiore Medical Center/Albert Einstein College of Medicine in New York City.

Board-certified in both plastic surgery and general surgery, he specializes in breast and body procedures, with a with an emphasis on breast reconstruction, while being the Director of Breast Reconstruction Services at the William W. Backus Hospital in Norwich.

He is one of only a few select plastic surgeons in Connecticut to perform microvascular breast reconstruction, including the DIEP (Deep Inferior Epigastric Perforator) flap, which utilizes only a patient's abdominal skin and fat to reconstruct the breast, without utilizing muscle. The results include a long-lasting natural-looking breast, limited discomfort, and expedited recovery. While many patients are candidates for this type of cutting-edge reconstruction, it is a rather exclusive procedure amongst plastic surgeons, as "it is technically demanding and requires a strong commitment from the surgeons, the rest of the surgical team, as well as the hospital," Dr. Pathy explains. "Preoperative and postoperative training is just as vital as the intraoperative education for the staff. In the end, the best outcomes truly occur when a dedicated team-approach is involved."

While breast reconstruction remains a sizable portion of his practice, he exercises additional focus on other breast procedures, such as breast augmentations, breast reductions, and breast lifts, as well as abdominoplasties, liposuction, and general body contouring. Skin cancer excisions and closures, as well as facial injectable procedures, such as Botox® Cosmetic, dermal fillers, and Kybella® are also popular requests.

Dr. Pathy recently relocated his practice in Old Lyme to a modern building with state-of-the-art technology, in a private, serene setting.

NORTHEAST PLASTIC SURGERY CENTER

5 Davis Road East, Old Lyme
(860) 390-6000 • northeastpsc.com

MEDICAL SCHOOL:
University of the East/UERMMMC

PROFESSIONAL AFFILIATIONS:
Radiological Society of North America
Society of Breast Imaging
American Institute of Ultrasound in Medicine

NEIL T. SPECHT, M.D.

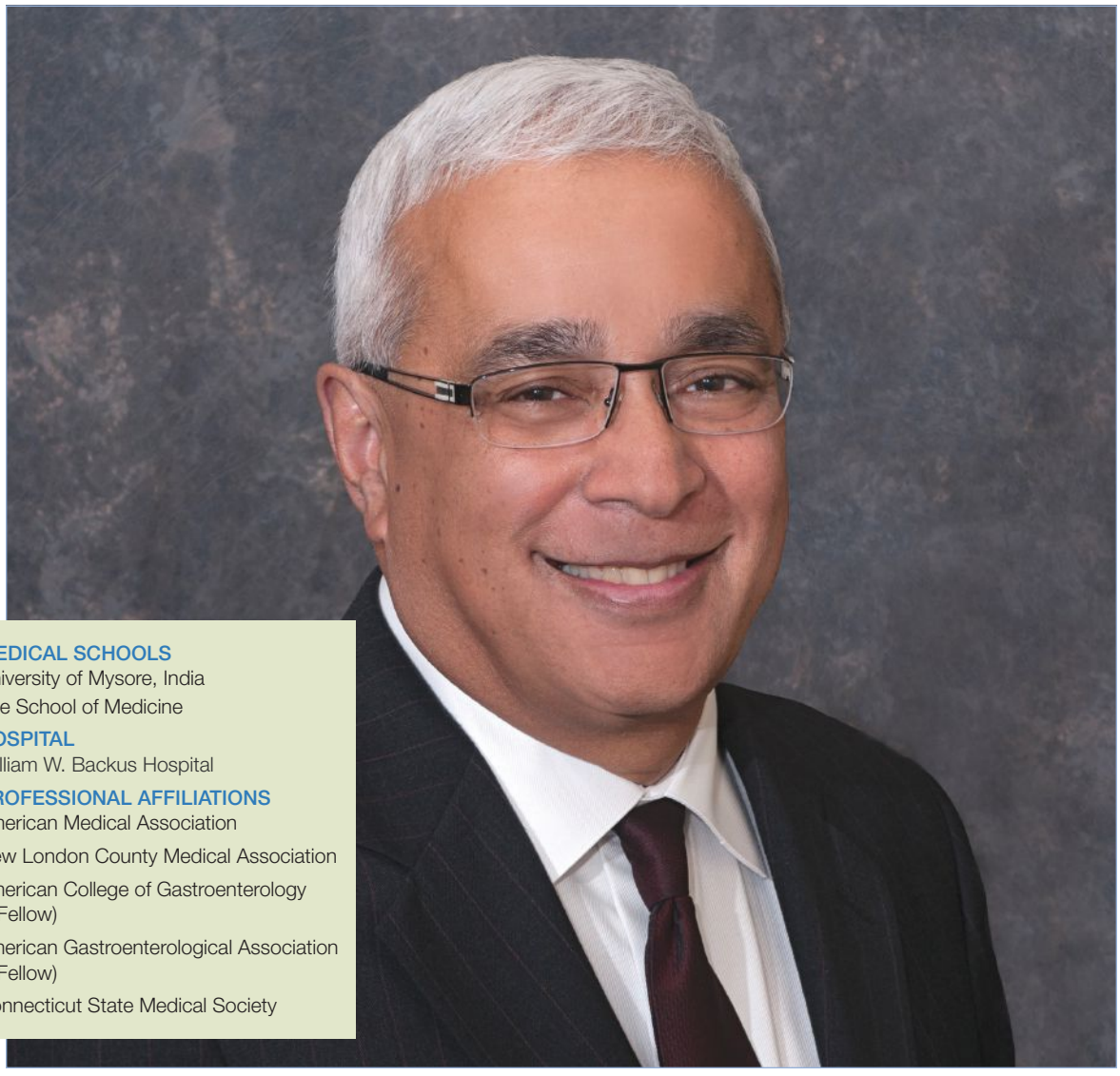
DR. NEIL T. SPECHT is dual board-certified in internal medicine and diagnostic radiology. After graduating from SUNY at Stony Brook, he earned his medical degree from the University of the East/UERMMMC. He completed his internship and residencies at St. Vincent's Medical Center. He served as the Chief of Ultrasound and Interventional Radiology at St. Vincent's Medical Center and Director of the School of Diagnostic Medical Sonography. In 2010, he opened his independent imaging center, Connecticut Ultrasound & Biopsy Center, followed in 2011 by Women's Choice Mammography and most recently, Women's Choice Aesthetics, operated jointly with his wife, Dr. Evangeline S. Specht. Dr. Specht is a member of the RSNA, Society of Breast Imaging, and AIUM.

Dr. Specht serves as an instructor at the largest medical convention in the world (RSNA) and is internationally recognized in the field of interventional ultrasound. Dr. Specht has performed more than 25,000 biopsies during his career, including vacuum-assisted breast biopsies, fine needle aspiration biopsies and core needle biopsies. Having perfected the Gentle-Touch™ technique, Dr. Specht's biopsies are virtually pain-free and scar-free. A complete array of diagnostic ultrasound exams are also performed at Connecticut Ultrasound & Biopsy Center including thyroid ultrasound, abdominal/pelvic ultrasound, carotid ultrasound, arterial and venous Doppler exams and varicose vein treatments.

Women's Choice Mammography is the first and only practice in Connecticut to perform 3-D Mammography for every patient. This technology is significantly more accurate in detecting invasive breast cancers and is considered the best tool available to fight this disease. "This technology allows us to find cancers at an earlier stage, when they are smaller." Women's Choice Mammography is accredited by the American College of Radiology.

Dr. Specht and his staff offer unparalleled personalized care in a warm, relaxed environment. He meets with patients to discuss their exam results before they leave the office. "Patients deserve the best technology and a higher level of service than what they are accustomed to and that is what we provide."

WOMEN'S CHOICE AESTHETICS/MAMMOGRAPHY • CONNECTICUT ULTRASOUND & BIOPSY CENTER
115 Technology Dr., Ste. B-301, Trumbull • (203) 445-0101 • (203) 445-0813



MEDICAL SCHOOLS
University of Mysore, India
Yale School of Medicine

HOSPITAL
William W. Backus Hospital

PROFESSIONAL AFFILIATIONS
American Medical Association
New London County Medical Association
American College of Gastroenterology (Fellow)
American Gastroenterological Association (Fellow)
Connecticut State Medical Society

KOLALA R. SRIDHAR, M.D., FACG, FAGA

DR. KOLALA SRIDHAR earned his medical degree from the University of Mysore, India. He did his Yale-affiliated internal medicine internship and residency at Griffin Hospital and completed a fellowship in digestive and liver diseases at Yale University School of Medicine.

Dr. Sridhar practices general gastroenterology and endoscopy, with particular interests in colon cancer screening, esophageal disorders and hepatobiliary diseases. Practicing for over 30 years, he says, "I enjoy approaching clinical problems using my training and experience. I like to listen to my patients' narratives and attempt to formulate solutions before utilizing state-of-the-art technology to verify my conclusions. I have lived in the same community for my entire career, developed close relationships with my patients, and feel a strong obligation to do all I can to help them."

As part of Connecticut GI, he works with a large clinically independent group of acclaimed gastroenterologists. He says, "We can handle the whole spectrum of digestive problems from simple issues which can be resolved in one consultation, chronic diseases which need ongoing care, up to life-threatening problems which need complex procedures including liver transplantation."

He notes the explosion in non-alcoholic fatty liver disease in tandem with the obesity epidemic. "Liver is the body's central processing unit for fat," he explains. A liver that is laden with fat often leads to chronic liver disease. He also treats liver disease caused by common medications. "Many widely used medications such as statins may cause liver injury which can be reversed with a bit of detective work. Today there are great drugs to control and cure viral hepatitis that were not available a few years ago," he says.

Dr. Sridhar also notes that there is much ignorance associated with pancreatic diseases. While it is difficult to restore a diseased pancreas to normal, much progress has been made in treating pancreatic disorders. His practice's pancreaticobiliary team performs minimally invasive procedures such as endoscopic ultrasound to diagnose and manage pancreatic disorders and to stage digestive cancers for precision therapy.

CONNECTICUT GI

103 Wawecus St., Norwich
(860) 859-9061 • connecticutgi.org

MEDICAL SCHOOL
Baroda Medical School

HOSPITALS
Hartford Hospital

Saint Francis Hospital & Medical Center

PROFESSIONAL AFFILIATIONS
American Academy of Allergy Asthma & Immunology

American College of Allergy Asthma and Immunology

New England Society of Allergy

Hartford County Medical Association

Connecticut State Medical Society

American Association of Physicians of Indian Origin

PRASAD SRINIVASAN, M.D.

DR. PRASAD SRINIVASAN graduated from Baroda Medical School, Baroda, India, where he also did his internship. He did his residency at Brookdale Hospital Medical Center in New York and fellowship in allergy and immunology at Michael Reese Hospital in Chicago. He is board-certified in pediatrics and allergy and immunology.

Dr. Srinivasan is proud to work at Allergy Associates of Hartford. "All of us in our practice are 'people people'...We actively engage our patients in their decision making process."

He believes that it is an extremely exciting time in allergy diagnosis and treatments. "The impact of food allergies and environmental allergens on a wide range of clinical symptoms is receiving a lot of attention." The approach to "food allergy is being revisited." Early introduction of peanuts can prevent or reduce the incidence of peanut allergy. Patients who are allergic to peanuts can now be desensitized to them. The success rate for peanut desensitization is very high. "The whole family does not have to live in fear of accidental ingestion," he says.

"We now have targeted therapies for asthma with the development of newer biologics for treatment," he says. "Oral immunotherapy is showing positive outcomes and we are awaiting a wider range of allergens that can be treated with oral immunotherapy."

Dr. Srinivasan is the Connecticut State Representative for House District 31 in Glastonbury. He is now the Assistant Republican Leader. He continues to be the ranking member of the committee on public health, and also serves on planning and development and finance. He is also the national co-chair of the Health Policy Council of Physician Legislators.

ALLERGY ASSOCIATES OF HARTFORD, PC

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19 Woodland St., Harford • (860) 246-7273
862 East Main St., Meriden • (203) 440-9190
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MEDICAL SCHOOL
New York University
Yale University School of Medicine

HOSPITALS
Waterbury Hospital
Saint Mary's Hospital
Yale-New Haven Hospital
Griffin Hospital
Charlotte-Hungerford Hospital

PROFESSIONAL AFFILIATIONS
Congress of Neurological Surgeons
American Medical Association
Connecticut State Neurosurgical Society
Connecticut Medical Society
North American Spine Society

JOHN G. STRUGAR, M.D.

DR. JOHN G. STRUGAR takes a holistic approach to treating brain tumors, spine and peripheral nerve problems. He completed his medical education and neurosurgical training at New York University and Yale University schools of medicine, and is an assistant clinical professor in the Department of Neurosurgery at Yale University and chief of neurosurgery at Waterbury Hospital.

Dr. Strugar believes that neurosurgeons must address a combination of environmentally induced damage to the body, hormonal changes and the genetic accumulation of thousands of years of evolution, as they try to extend health and life spans. "To accomplish that goal while doing what makes sense, the challenge remains to apply our surgical knowledge while not putting the patient at risk," he says. Board-certified in neurosurgery, and specializing in intracranial and spinal surgery, Dr. Strugar notes that Connecticut's ageing population requires recognizing that issues are "very, very different than those that are affecting the young." Regardless of the reasons people come to see him, he says, "I want my patients to be well-informed and learn, so they can better understand the often life-changing diagnoses they are facing."

He notes that technology has had a major impact on his practice. "Enormous changes such as artificial spinal disks, variable-pressure shunting techniques and minimally invasive procedures have allowed us to be much more efficient and successful in treating patients," he says. He is among the first neurosurgeons in the country to use artificial disks and has been using them successfully for more a decade. Disk arthroplasty helps restore motion to people who have worn disks and may avoid secondary procedures to treat low back pain.

Dr. Strugar also treats patients with degenerative problems in the elderly, acute spinal cord and traumatic brain injury, spinal tumors and complex cases. His uppermost goal is to preserve the patient's function. "I treat my patients just as I would treat a family member," he says. "Things have become more complex. It is important to recognize when a patient is ready for surgery… You have to fit a lot of criteria before I recommend surgery."

NEUROSURGERY, ORTHOPAEDICS & SPINE SPECIALISTS, PC
500 Chase Pkwy., Waterbury • (203) 755-6677 • nossmd.com

EUGENIA VINING, M.D., THOMAS TAKOUDES, M.D.

DRS. EUGENIA VINING and THOMAS TAKOUDES are nationally recognized otolaryngologists in Top Doctors by U.S. News-Castle Connolly.

Dr. Vining graduated Phi Beta Kappa and summa cum laude from College of the Holy Cross. She received her medical degree from Yale University, and completed her otolaryngology training at Yale-New Haven Hospital. She was awarded a fellowship in rhinology, sinus and skull base surgery at the University of Pennsylvania School of Medicine. In addition to performing complex sinus surgery on adults and children, she works together with a neurosurgeon on a skull base team removing pituitary and other tumors. She has been named by her peers a Best Doctor in America (Top 1% of physicians) for fifteen consecutive years.

Dr. Takoudes received his B.A. from the University of Pennsylvania and graduated with an M.D. from Columbia University College of Physicians and Surgeons. He completed his residency in otolaryngology in a combined program at Columbia Presbyterian, NYP/Cornell Weill Medical Center and Memorial Sloan Kettering. He is treats all aspects of ENT, but primarily focuses on neck and throat tumors, including thyroid and parotid glands, and working with spine surgeons on complex spinal cases. He says, "ENT has very challenging surgeries…you not only have to fix the problem, but address the complex anatomy so people will look, speak and breathe properly."

EAR NOSE & THROAT MEDICAL & SURGICAL GROUP, LLC

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31 Broadway, North Haven • (203) 234-1324
954 Main St., Branford • (203) 481-003
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MEDICAL SCHOOL
Hahnemann University School of Medicine

HOSPITALS
St. Mary's Hospital
Waterbury Hospital
Naugatuck Valley Surgical Center

PROFESSIONAL AFFILIATIONS
American Society of Plastic Surgeons
American Society of Reconstructive Microsurgery
New England Society of Plastic and Reconstructive Surgeons
Connecticut Society of Plastic and Reconstructive Surgeons
New York Regional Society of Plastic Surgeons

SUNNY WAITZE, M.D., FACS

DR. SUNNY WAITZE is a board-certified, fellowship-trained plastic surgeon who combines her strong and diverse surgical training with a feminine touch to treat patients at Pomperaug Plastic Surgery, her Southbury-based solo practice. As a rare female practitioner in her field, she strives to treat her patients with artful skill, care and compassion along with surgical and nonsurgical treatments that can improve appearance, function and self-esteem.

Dr. Waitze, a graduate of the Hahnemann University School of Medicine who completed her residency in plastic surgery at Emory University and her fellowship in hand and microsurgery at Yale University, is skilled at plastic surgery of the face and body; this includes cosmetic surgery as well as general reconstructive surgery. She has special expertise in breast augmentations and breast lifts, breast reductions, as well as breast reconstruction following treatment for breast cancer. "As a solo female practitioner, I work hard to develop a personal relationship with my patients, so I devote a lot of my time to the cares and concerns of my patients," she says. "I find that a lot of my patients seek me out because I am a woman. I think I relate well to their concerns and also, I want them to be very well-informed as they make important decisions about their health and well-being."

Dr. Waitze is also an anti-aging expert, skilled in providing nonsurgical injectables including Botox®, Juvederm® and Sculptra®. At her Ageless Medi-Spa she offers state-of-the-art laser treatments to resurface skin, remove unwanted hair and treat spider veins. Her goal with these treatments is always to create a more youthful appearance with minimal downtime and natural-looking results.

"Not everyone who wants a more youthful appearance wants or needs surgery," she explains. "I think it's important to offer options." She also offers a variety of treatments, including microdermabrasion, facials and mild skin peels, in a relaxed and inviting boutique atmosphere.

POMPERAUG PLASTIC SURGERY

22 Poverty Rd., Southbury
(203) 262-6200 • pomperaugplasticsurgery.com

MEDICAL SCHOOL
University of Connecticut

HOSPITALS
Yale-New Haven Hospital
Griffin Hospital
Milford Hospital
MidState Medical Center
Middlesex Hospital

PROFESSIONAL AFFILIATIONS
Fellow, American Academy of Otolaryngology-Head and Neck Surgery
Immediate Past President, Connecticut Ear, Nose and Throat Society
Past President and Webmaster, New England Otolaryngological Society
Fellow, American College of Surgeons
Secretary, Board of Governors, American Academy of Otolaryngology-Head and Neck Surgery

KEN YANAGISAWA, MD, FACS

DR. KEN YANAGISAWA is a second-generation ear, nose and throat (ENT) specialist who followed his father, Dr. Eiji Yanagisawa, a pioneer in ENT endoscopy, into the otolaryngology practice he established in New Haven over 50 years ago. A leader in the state's ENT community for over 23 years, he enjoys treating both children and adults—from in-office management of ear, nose and throat diseases to advanced surgical and laser treatments. His practice offers hearing aids, endoscopic examinations and procedures of the vocal cords and sinuses, hearing, balance and allergy testing and allergy shots. "ENT combines my favorite elements of medicine—patient-focused medical care and intricate surgical procedures," he says. He especially has an affinity for treating children.

Despite the ever-mounting challenges and intricacies of the new health care paradigms, he remains unwavering in his delivery of healthcare-to establish a solid and trusting rapport with his patients, listen to and understand their issues, and provide optimal current treatment options.

An Assistant Clinical Professor at both the Yale School of Medicine and the Frank H. Netter MD School of Medicine (Quinnipiac University), Dr. Yanagisawa has been the Section Chief of Otolaryngology at Yale New-Haven Hospital's Saint Raphael campus since 2009. He has published more than 85 articles in ENT textbooks and medical journals.

As the Immediate Past President of the Connecticut Ear, Nose and Throat Society, he advocates on behalf of physicians and patients on vital health care policy issues with the state's General Assembly. Beyond his private practice, Dr. Yanagisawa is committed to promoting community health and wellness, organizing and supporting annual free head and neck cancer screenings at multiple hospitals throughout Connecticut. His many volunteer commitments include leadership roles in local youth sports, UConn medical alumni functions, and serving as preceptor to premedical and medical students.

Dr. Yanagisawa, a New Haven native, completed his residency at Yale. He is married to internist Julia Shi, M.D. and is the father of five.

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497 Main St., Ansonia • (203) 734-9291
233 Broad St., Milford • (203) 877-6001
669 Boston Post Rd., Guilford • (203) 458-6181
www.southernnewenglandent.com

Physician Profiles

ABERA ABAY, M.D.

DR. ABERA ABAY trained in internal medicine and completed a fellowship in gastroenterology at Beth Israel Medical Center, in New York, where he was chief medical resident and received The Weingarten Award for Outstanding Medical Resident. Board-certified, he is the managing partner of Norwich GI Associates, Chief of Endoscopy at The William W. Backus Hospital and chairman of the Medical Ethics Committee of the New London County Medical Association.

He graduated from Addis Ababa University School of Medicine, where he received rigorous hands-on training, emphasizing detailed history taking and physical examination skills. "I take the time to listen and talk to patients," he says. "It's extremely important to them."

Dr. Abay and his partners, Drs. Ashan Manohar, Shivani Sood and Jeffrey Salek and their dedicated staff offer high-quality care and state-of-the-art diagnosis and treatment for patients with digestive, liver and biliary diseases. Norwich GI also provides open access screening colonoscopy, Remicade and Entyvio infusion for patients with inflammatory bowel disease and minimally invasive hemorrhoid banding using the CRH-O'Regan system.

Medical School Addis Ababa University School of Medicine **Hospital** The William W. Backus Hospital **Organizations**American College of Gastroenterology, American Medical Association, American Society of Gastrointestinal Endoscopy, American Gastroenterological Association, and New London County Medical Association

NORWICH GI ASSOCIATES
79 Wawecus St., Ste. 101, Norwich (860) 886 2655 • norwichgi.com

DAVID ASTRACHAN, M.D.

DR. DAVID ASTRACHAN is a Phi Beta Kappa graduate of Yale University and graduated with honors from Yale University School of Medicine. He completed his residency in otolaryngology at Yale-New Haven Hospital. He and his partner, Dr. Craig Hecht, both board-certified, pride themselves on their long established practice and their ability to treat adults and children for all aspects of ear, nose and throat concerns.

He considers himself a teacher as well as a physician. An assistant clinical professor at Yale, he teaches medical students and residents that "the best doctors will always teach their patients about their conditions and why they recommend various tests or treatments." Areas of special expertise include nasal obstruction, sinusitis, snoring, tinnitus and hearing loss. A trained singer, he has special interest in care of vocal problems such as hoarseness, voice strain and discomfort. He is the consulting physician for the Yale Opera.

Medical School Yale University School of Medicine **Hospitals** Yale-New Haven Hospital, Yale-New Haven St. Raphaels's Campus, Milford Hospital **Organizations** American Academy of Otolaryngology, Connecticut State Medical Society, Academy of Otolaryngology, American Medical Association

ENT SPECIALISTS OF CONNECTICUT
2200 Whitney Ave., Ste.260, Hamden • (203) 248-8409 entct.com
141 Durham Rd., Bldg. #3, Ste. 21, Madison (203) 245-5899
849 Boston Post Rd., Suite 202, Milford • (203) 876-1159

SIDNEY T. BOGARDUS, JR., M.D.
MYRON BRAND, M.D.

DR. SIDNEY BOGARDUS graduated from Columbia University College of Physicians and Surgeons. He did his internship, residency and fellowships in gastroenterology and geriatrics at the University of Chicago. He completed the Robert Wood Johnson Clinical Scholar Program at Yale. He is Associate Clinical Professor of Medicine at Yale, President of Connecticut Gastroenterology Consultants, and Chief of Gastroenterology at the Saint Raphael Campus of Yale. He received the DeLuca teaching prize at Yale.

DR. MYRON BRAND graduated with honors from the University of North Carolina School of Medicine in Chapel Hill before completing his internship, residency and fellowship in gastroenterology at Yale-New Haven Hospital. He is medical director of the Shoreline Surgery Endoscopy Center in Guilford and lectures locally and nationally on diseases of the liver and inflammatory bowel disease.

They treat adolescents and adults for a full range of gastrointestinal conditions, including using Fibroscan to assess liver disease noninvasively. Affiliated with Yale-New Haven Hospital, they give patients all the advantages of a university medical center in a private office setting.

CONNECTICUT GASTROENTEROLOGY CONSULTANTS
40 Temple St., Ste. 4A, New Haven
111 Goose Ln., 2nd Fl., Guilford
9 Washington Ave., 3rd Fl., Hamden
(203) 777-0304 • ctgastro.com

IAN M. COHEN, M.D.

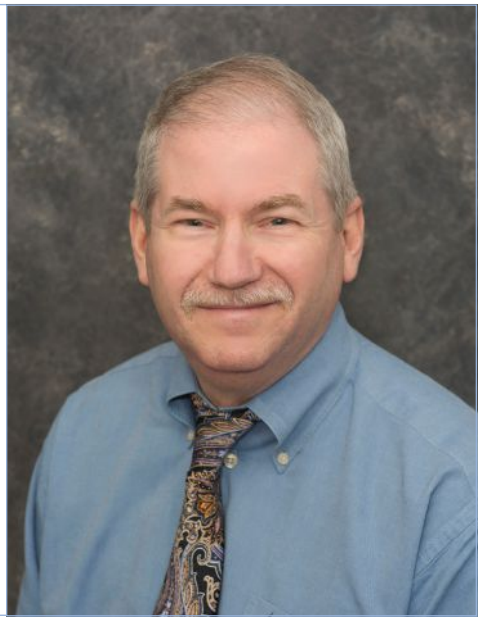
DR. IAN M. COHEN earned his A.B. from Columbia University and medical degree from the New York University School of Medicine. He completed his residency at Yale New Haven Hospital and is an assistant clinical professor at Yale. He spent two years in family and community medicine on the Apache reservation in Whiteriver, Arizona, where he treated people in a setting "akin to a Third World country."

At Associated Women's Health Specialists, which he founded in 1977, he works with four other doctors and two midwives to provide comprehensive Ob/Gyn services, including caring childbirth experiences. Emphasizing health maintenance, his practice also offers certified on-site mammography, ultrasound and bone density scanning, as well as up-to-date treatments for urinary incontinence and pelvic-support problems. Dr. Cohen is one the most experienced robotic surgeons in Waterbury. This allows major surgery to be done through small incisions with greater precision.

Medical School New York University School of Medicine **Hospital Affiliation** St. Mary's Hospital, Waterbury Hospital Organizations American College of Obstetricians/Gynecologists (Fellow), American Association of Gynecologic Laparoscopists, American Medical Association, New Haven County Medical Association

ASSOCIATED WOMEN'S HEALTH SPECIALISTS (AWHS), PC
140 Grandview Ave., Ste. 202, Waterbury • (203) 755-2344
138 Scovill St., Ste. 206, Waterbury • (203) 755-2344 • awhsyourmd.com

PAUL H. DEUTSCH, M.D., R.P.H.



DR. PAUL DEUTSCH graduated from the University of Connecticut School of Pharmacy as the top student. His deep interest in the medical field and helping others drove him to further his eduation. He received his medical degree from the Medical College of Pennsylvania and completed his internship and residency at Hartford Hospital.

Dr. Deutsch is board-certified in internal medicine and pharmacology. With his comprehensive knowledge of medications, he helps his patients get optimal results with fewer adverse effects. His medical practice is recognized as a Level 3 Patient-Centered Medical Home. Special interests are primary care, pharmacology and infectious diseases. Leisure time includes playing the keyboards, photography, watching plays and his daughter's hockey team. He provides medical care both in the office and in the hospital for his patients, and is a certified medical examiner for commercial drivers (DOT, CDL). "My primary focus is on the patient," he says. "Take care of the patient and everything else will take care of itself."

Medical School Medical College of Pennsylvania **Hospitals** William Backus Hospital (attending), Lawrence and Memorial Hospital (affiliate) **Organizations** American Board of Internal Medicine, American Pharmaceutical Association

PAUL H. DEUTSCH, M.D., R.Ph.
86 New London Tpk., Norwich • (860) 889-6967
pauldeutschmd.net

PHILLIP S. DICKEY, M.D.

DR. PHILLIP DICKEY is that rare doctor with a broad range of expertise and skills in a field where there is no room for error. He became a neurosurgeon because he finds it exciting, dramatic and intellectually stimulating, and says, "You can actually cure a person of something that is really scary. It involves thinking on your feet. It's challenging."

Dr. Dickey, who is in solo private practice, completed his internship and residency at Yale-New Haven Hospital. He is also an assistant clinical professor at the Yale University School of Medicine. Patients find his office setting more tranquil than a hospital atmosphere. He sees new patients on Thursdays and spend a lot of time talking to them, getting them to feel relaxed. Dr. Dickey specializes in spinal and intracranial tumor surgery where, he notes, "the technique is so delicate and precise because nerve tissue is involved." He uses all the modern proven techniques including microsurgery, minimally invasive surgery and CyberKnife technology.

Medical School University of North Carolina, Chapel Hill **Hospitals** Yale-New Haven Hospital **Organizations** American Association of Neurological Surgeons, Congress of Neurological Surgeons, American Medical Association, Connecticut State Medical Society, New England Neurosurgical Society, Neurological Society of America

PHILLIP S. DICKEY, M.D. – NEW HAVEN NEUROSURGICAL ASSOCIATES, PC
60 Temple St., Ste. 4C, New Haven • (203) 772-4001
newhavenneuro.com

MICHAEL Z. FEIN, D.P.M.

DR. MICHAEL FEIN is chief of podiatric surgery at Danbury Hospital and has his own practice in Bethel. He earned his podiatric medical degree from the Temple University School of Podiatric Medicine, and completed his residency in foot surgery at the Broad Street Medical Center. In 2006, the Connecticut Podiatric Medical Association named him Connecticut Podiatrist of the Year.

Dr. Fein takes a personalized approach to his patients' foot and ankle health. For more than 30 years, he has built strong relationships with his patients, their families and other medical professionals. He is one of only a few physicians in Connecticut offering EPAT, an office-based pressure wave modality for the treatment of musculoskeletal conditions. In addition to his Bethel practice, he provides podiatric services at Danbury Hospital's Morganti Wound Center and at the Danbury Foot and Ankle Center, a part of Connecticut Family Orthopedics. Dr. Fein provides special expertise in diabetic foot management, bunion and hammertoe repair and heel pain.

Medical School Temple University School of Podiatric Medicine **Hospitals:** Danbury Hospital, New Milford Hospital **Organizations** American Podiatric Medical Association, Connecticut Podiatric Medical Association, American Professional Wound Care Association

BETHEL PODIATRY
8 School St., Bethel • (203) 743-7083
bethelpodiatry.com

DANBURY FOOT & ANKLE CENTER
33 Hospital Ave., Danbury • (203) 792-5558
cfortho.org

CRAIG FLOCH, M.D., FACS
NEIL FLOCH, M.D., FACS

DR. CRAIG FLOCH and DR. NEIL FLOCH are brothers working as a team for 22 years. As a designated Center of Excellence for Bariatric Surgery by the American Society for Metabolic & Bariatric Surgery, they have performed over 3,800 weight-loss procedures. Along with their partners Dr. Abe Fridman and Dr. Peter Ingraldi, they are committed to providing surgical excellence and compassionate care. Dr. Neil Floch, Director of Minimally Invasive and Bariatric Surgery at Norwalk Hospital, graduated from Boston University School of Medicine, and completed his surgical residency at Beth Israel Medical Center and a fellowship in advanced laparoscopic surgery at the Mayo Clinic. Dr. Craig Floch, Director of Bariatric Surgery at St. Vincent's Medical Center, graduated from Chicago Medical School and completed his surgical residency at Case Western Reserve.

They see bariatric surgery as a tool addressing obesity, diabetes and other health conditions. "Each treatment plan is modeled to a patients' medical and emotional needs," says Dr. Neil Floch.

FAIRFIELD COUNTY BARIATRICS & SURGICAL SPECIALISTS, PC
Norwalk • Shelton • Stamford • New London
(877) 659-0011 • endtheweight.com

BORIS GOLDMAN, M.D.

DR. BORIS GOLDMAN received his undergraduate degree from Brandeis University and medical degree from the UConn School of Medicine. He completed his combined general/plastic surgery residency at Butterworth Hospital in Michigan and the Grand Rapids Area Medical Education Consortium with a cosmetic surgery fellowship in Miami Beach, Florida. Dr. Goldman is included in the *Guide to America's Top Surgeons* and *America's Top Doctors* and has received the AMA Physician's Recognition Award. He holds several patents and has lectured nationally and internationally on topics in his area of specialization.

Dr. Goldman is certified by the American Board of Plastic Surgery, has distinguished himself in clinical research and has expertise in reconstructive and cosmetic surgeries. He is skilled in nonsurgical anti-aging injectables, including Sculptra®, Restylane®, Juvederm®, Radiesse® and Botox®. "I combine the most effective surgical and nonsurgical techniques with sound judgement and artistry to obtain optimal results, with the goal of creating a youthful, natural looking appearance," he says.

Medical School UConn School of Medicine **Hospitals** Danbury Hospital, Norwalk Hospital, Griffin Hospital **Organizations** American Society of Aesthetic Plastic Surgeons, American Society of Plastic Surgeons, Northeastern Society of Plastic Surgeons, American College of Surgeons (Fellow)

AESTHETIC PLASTIC SURGERY CENTER, LLC
32 Imperial Ave., #2, Westport • (203) 222-3700
871 Ethan Allen Hwy., Ridgefield • (203) 222-3700 • westportplasticsurgery.com

DAVID R. HOWLETT, M.D.

DR. DAVID HOWLETT holds a bachelor's in biology and a master's in biochemistry from the University of Connecticut at Storrs. His medical degree is from the University of Connecticut School of Medicine in Farmington, where he also completed a residency in family medicine. He is an assistant clinical professor of family medicine at the UConn and Quinnipiac Schools of Medicine. He is past president of the Connecticut Academy of Family Physicians and serves on the board of Saint Francis HealthCare Partners.

A partner at East Granby Family Practice, Dr. Howlett's specific interests include pediatrics, in-office dermatological surgery and office re-design to deliver quality care. He directed the office's implementation of electronic medical records and helped the practice earn certification as one of the first nationally recognized Patient Centered Medical Homes – Level 3 in Connecticut. As a regional medical director for Saint Francis HealthCare Partners, he guides physicians to use electronic records effectively to document and deliver cost-effective, quality health care consistent with the philosophy of Saint Francis Hospital and Medical Center.

Medical School Institute Catholique de Lille, Faculté libre de Médecine, University of Connecticut School of Medicine **Hospital** Saint Francis Hospital and Medical Center **Organizations** American Academy of Family Physicians, Connecticut State Medical Society, Connecticut Academy of Family Physicians, Hartford County Medical Association

EAST GRANBY FAMILY PRACTICE
13 Church St., East Granby
(860) 653-4526 • egfpct.com

JEFFREY N. KAPLAN, M.D.

DR. JEFFREY N. KAPLAN, has been honored with a "Top Doctor" award for eight consecutive years from the Consumers' Research Council in the Guide to America's Top Ophthalmologists. After completing his ophthalmology residency at Downstate Medical Center in New York City, he joined world-renowned ophthalmologist Dr. Seymour Dubroff in the Washington, D.C., area.

Dr. Kaplan has performed more than 12,000 cataract surgeries. His expertise includes implanting specialty intraocular lenses including the Toric lens to correct astigmatism and multifocal intraocular lenses to eliminate or reduce the need for reading glasses after cataract surgery. "Doctors and patients have different choices when it comes to the type of lens that is implanted during cataract surgery," he notes. "There are definite differences in each…. People with astigmatism, glaucoma or macular degeneration may not be good candidates for multifocal lenses, which cut some light. I take the time to make sure that I can maximize the outcome and that the patient's goals and mine coincide."

Medical School Stony Brook University School of Medicine **Hospital Affiliation** Bridgeport Hospital **Organizations** American Academy of Opthalmology (Diplomate), American Medical Association, Fairfield County Medical Society, Connecticut Society of Eye Physicians

EYE GROUP OF CONNECTICUT, LLC
4699 Main St., Suite 106, Bridgeport • (203) 374-8182 • eyegroupct.com

LAWRENCE P. KIRSCHENBAUM, M.D.

DR. LAWRENCE KIRSCHENBAUM is a partner and director of Interventional Pain Medicine at Orthopaedic Specialty Group and an associate clinical professor at the Yale University School of Medicine. Before arriving in Connecticut in 1989, Dr. Kirschenbaum was director of Pain Medicine at Mount Sinai Medical Center in Manhattan. There he developed their acute pain service and introduced patient controlled analgesia for post-surgical pain, the first institution to offer this modality in Manhattan. Dr. Kirschenbaum is also chief of Pain Medicine at Bridgeport Hospital where he developed its pain management program.

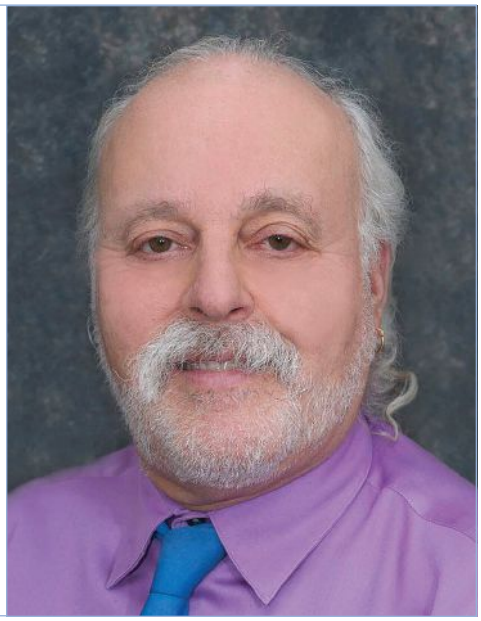
He is fellowship-trained in pain medicine and electrophysiological monitoring from the University of Virginia and the University of California, San Diego. After graduating medical school from New York Medical College, he completed his residency at Long Island Jewish Medical Center. He is board-certified in anesthesiology and pain medicine.

The focus of Dr. Kirschenbaum's practice is interventional pain medicine, targeting spinal and musculoskeletal disorders utilizing image guided spinal injections, radiofrequency ablation, spinal cord stimulation, and regenerative medicine.

Medical School New York Medical College **Hospitals** Bridgeport Hospital, St. Vincents Medical Center **Organizations** Diplomate, American Board of Anesthesiology with Sub Specialty Board Certification in Pain Medicine, American Society of Interventional Pain Physicians, Sprinal Interventional Society, North American Neuromodulation Society, American Society of Anesthesiologists, Connecticut Pain Society

ORTHOPAEDIC SPECIALTY GROUP, PC
75 Kings Hwy. Cutoff, Fairfield • (203) 337-2600
2909 Main St., Stratford • (203) 377-5108
2 Enterprise Dr., Ste. 204, Shelton • (203) 944-0042
osgpc.com

MICHAEL KRALL, M.D.



DR. MICHAEL KRALL has practiced allergy and immunology in Hartford for the past 24 years. He received his medical degree from Thomas Jefferson Medical College. He completed a fellowship in pediatric allergies at Jefferson University Hospital in Center City, Philadelphia in a program modeled on protocols for allergies and respiratory diseases at Denver's National Jewish Hospital.

Dr. Krall suffered from asthma since infancy and truly understands what patients go through. Thanks to medical advances, most children today are not hospitalized for asthma, as they were when he studied allergy and immunology. "I love my job," he says. "I love to go to work each day. I give everything I have during the day. It's a privilege to do this job."

His wife, Elizabeth is an artist and teaches Zentangle. His daughter, Sophie, graduated from Hofstra and is a coordinator for Paramount Pictures. His son, Max, graduated from Berkley Cal Tech with a degree in bioengineering and is working in a pediatric genetics lab at the University of California.

Medical School Thomas Jefferson Medical College **Hospitals** St. Francis Hospital and Medical Center, Hartford Hospital, Eastern Connecticut Health Network, Connecticut Children's Medical Center **Organizations** American Academy of Allergy, Asthmas and Immunology, New England Society of Allergy, Connecticut State Medical Society, Hartford County Medical Association

ALLERGY ASSOCIATES OF HARTFORD
19 Woodland St., Hartford • (860) 246-7273
105 West Rd., Ellington • (860) 875-7660
aahmd.comemail.com

SETH LERNER, M.D.

DR. SETH LERNER was a history major at Columbia College before studying medicine at Boston University. After his internship at Long Island Jewish Hospital in New York, he completed his residency in dermatology at the University of Iowa Hospitals and Clinics. He has developed and patented a surgical instrument known as the Lerner Skin Hook. Dr. Lerner is on staff at Bridgeport Hospital and is an assistant clinical professor of dermatology at the Yale School of Medicine.

Early cancer detection is a prime focus of Dr. Lerner's practice. Recently, he served as an investigator in a multicenter study for the development of a computerized system to identify early melanoma. His practice also offers an array of cosmetic treatments as well as sensitive care for its patients suffering from a variety of skin diseases. After more than 20 years in Connecticut, Dr. Lerner "enjoys working in a practice that caters to children and adults offering personalized care suited to each individual's needs."

Medical School Boston University School of Medicine **Hospitals** Yale-New Haven Hospital, Bridgeport Hospital **Organizations** American Academy of Dermatology (Fellow), American Society for Dermatologic Surgery (Fellow), Fairfield County Medical Association

ADULT & PEDIATRIC DERMATOLOGY SPECIALISTS, PC
160 Hawley La., Trumbull • (203) 377-0639
162 Kings Hwy. N., Westport • (203) 222-0198
dermatologyspecialists-ct.com

KENNETH R. MAUER, M.D., F.A.C.P., F.A.C.G., F.A.G.A, STRICK J. WOODS, M.D.

GASTROENTEROLOGY ASSOCIATES OF FAIRFIELD, P.C. delivers cutting-edge medical care for a full range of gastrointestinal problems including indigestion and heartburn, chest pain, gall bladder and ulcer disease, irritable bowel syndrome, colon and pancreatic cancers, Crohn's disease, ulcerative colitis, liver disease and hepatitis. It was the first practice in Connecticut to offer capsule endoscopy, which allows doctors to look at patients' digestive tracts through a tiny camera swallowed by patients. It has an accredited ambulatory surgery center for outpatient endoscopies and colonoscopies.

KENNETH MAUER, M.D. graduated from New York University School of Medicine and completed his fellowship in gastroenterology at Mount Sinai Medical Center. He has expertise in endoscopic retrograde cholangiopancreatography, capsule endoscopy and diagnosing and treating Crohn's disease and ulcerative colitis. He is a Fellow of the American Board of Internal Medicine, the American Board of Gastroenterology and the American Gastroenterological Association.

STRICK WOODS, M.D. graduated from the Bowman Gray School of Medicine at Wake Forest University in North Carolina. He completed fellowships in gastroenterology at Yale and New York Medical College. Dr. Woods has expertise in colonoscopy, endoscopy and general gastroenterology as well as clinical research. In addition, Dr. Woods is active in the community, serving as an advisor and board member for several local care-oriented organizations.

He is board certified in gastroenterology.

GASTROENTEROLOGY ASSOCIATES OF FAIRFIELD COUNTY, PC

425 Post Rd., Fairfield • (203) 292-9000
2660 Main St., Bridgeport • (203) 333-3328
765 Main St. (Rte. 25), Monroe • (203) 252-2358
www.gidox.com

RAJI MULUKUTLA, M.D.

DR. RAJI MULUKUTLA received her Master's Degree in Public Health from Johns Hopkins University and went on to attend medical school at Ohio State University. During this time she developed an interest in ophthalmology and ultimately completed an ophthalmology residency at Temple University Hospital in Philadelphia.

Dr. Raji's surgical practice is focused on advanced cataract surgery, including complex cases and placement of advanced technology intraocular lens implants. She has done over 5000 small-incision cataract surgeries, and is now performing state-of-the-art, laser assisted cataract procedures. Her other interests include laser treatments for glaucoma, treatment of diabetic retinopathy, and cosmetic procedures such as Botox, fillers and upper eyelid surgery. Dr. Raji believes that whatever the procedure, a successful outcome depends as much on the quality of communication between physician and patients as it does on the surgeon's skill. "I think it's a privilege to help people see and look better," she adds.

Medical School Ohio State University College of Medicine **Hospital** Hartford Hospital, Middlesex Hospital **Organizations** American Academy of Ophthalmology, American Society of Cataract & Refractive Surgeons, Connecticut State Medical Society, Middlesex County Medical Association (Past President), Connecticut Society of Eye Physicians

MIDDLESEX EYE PHYSICIANS

400 Saybrook Rd., Ste. 100, Middletown • (860) 347-7466
4 Grove Beach Rd. N., Westbrook • (860) 669-5305
240 Middletown Ave., East Hampton • (860) 295-6440 • middlesexeye.com

MICHAEL P. NOONAN, M.D.

DR. MICHAEL NOONAN graduated from Williams College magna cum laude with a degree in chemistry. He was a member of Phi Beta Kappa. He earned his medical degree from New York University School of Medicine. He did his internship at Yale, concentrating on pediatrics, and completed his dermatology residency at George Washington University School of Medicine. He is board-certified in general and pediatric dermatology.

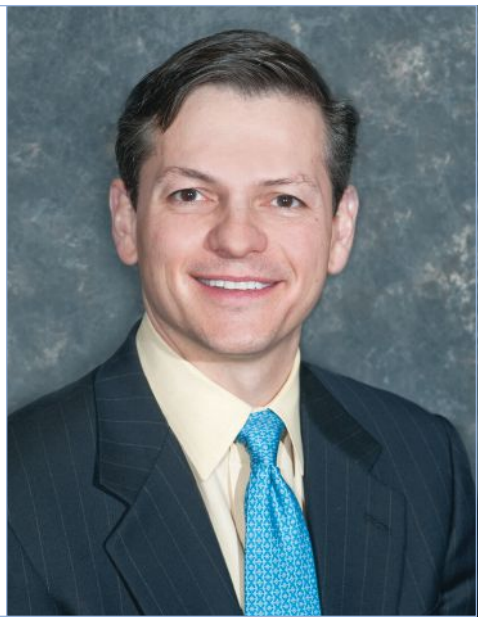
Dr. Noonan is on staff at Bridgeport Hospital and is assistant clinical professor of dermatology at Yale University School of Medicine. As the father of four children, he understands parents' concerns about skin issues such as eczema, warts, rashes and acne. He also treats adults who have moles and skin cancer and tries to see patients fairly quickly, even when the practice is very busy. With his three colleagues at Adult & Pediatric Dermatology, he can offer patients the most advanced proven techniques to treat various skin conditions.

Medical School New York University School of Medicine, George Washington University School of Medicine **Hospitals** Yale-New Haven Hospital, Bridgeport Hospital **Organizations** American Academy of Dermatology, American Medical Association, Fairfield County Medical Association, Connecticut State Medical Society, Society for Pediatric Dermatology

ADULT & PEDIATRIC DERMATOLOGY SPECIALISTS, PC

160 Hawley La., Trumbull • (203) 377-0639
162 Kings Hwy. N., Westport • (203) 222-0198 • dermatologyspecialists-ct.com

DAVID PASSARETTI, M.D., FACS



DR. DAVID PASSARETTI is a board-certified plastic surgeon specializing in both cosmetic and reconstructive surgery. He graduated cum laude in biology and classics from Union College and earned his medical degree from Tufts University School of Medicine. He completed a six-year residency at the University of Cincinnati's Division of Plastic, Reconstructive and Hand Surgery and a research fellowship at Mass General Hospital.

"No one should ever look as if they had surgery," says Dr. Passaretti. "The result should be a natural-looking enhancement. Cosmetic surgery can give you added confidence and improve the quality of your life." His expertise in cosmetic and reconstructive breast surgery, body contouring (including post-bariatric surgery) and facial surgery brings many referrals from doctors in the community. Nonsurgical procedures such as injectables and laser are also options. "My patients receive the highest quality care at our accredited, state-licensed ambulatory center in Darien," he says, "with safety being my top priority."

Medical School Tufts University School of Medicine **Organizations** The American Society of Plastic Surgeons, The American Society of Bariatric Plastic Surgeons, American College of Surgeons

DAVID PASSARETTI, M.D.
722 Post Rd., Darien • (203) 656-9999
DavidPassarettiMD.com

JENNIFER W. PENNOYER, M.D.

DR. JENNIVER PENNOYER earned her B.A. from Harvard University and medical degree from UConn School of Medicine. She further trained in UConn's integrated residency program and completed her dermatology residency at Dartmouth Hitchcock Medical Center. She is board-certified and a fellow of the American Academy of Dermatology and an associate clinical professor at UConn School of Medicine.

She is at the forefront of comprehensive medical, cosmetic and laser dermatology. With one of the most robust offerings of clinical lasers and other FDA-approved technologies, she is typically the first local practice to have state-of-the-art advancements. The practice provides cosmetic procedures for the broadest range of issues including several revolutionary, non-surgical fat reduction treatments for double chin, love handles, thighs, and arms.

Her expertise in cosmetic procedures produces natural-looking enhancements. Pennoyer MD Skin Science ®, her exclusive line of skincare products, is based on cutting-edge ingredients that are scientifically proven to be effective and safe. Dr. Pennoyer also specializes in medical and surgical treatment of skin disorders such as skin cancers.

Medical School UConn School of Medicine **Hospital Affiliations** Saint Francis Hospital Medical Center **Organizations** American Academy of Dermatology, American Society for Laser Medicine and Surgery, American Society for Dermatologic Surgery, Connecticut Dermatology Society

JENNIFER W. PENNOYER, M.D., LLC
47 Jolley Dr., Bloomfield
(860) 243-3020 • drjenniferpennoyer.com

LJILJANA PLISIC, M.D.

DR. LILI PLISIC is a graduate of the Sophie Davis School of Biomedical Education at City College of New York and New York Medical College. She is a partner at County Obstetrics and Gynecology and the director of the AIUM-certified Ultrasound program.

County OB/Gyn is proud to offer women a collaborative physician/midwifery practice with one-on-one care during labor and birth. Dr. Plisic is joined by physicians Howard Simon, Norman Ravski, Scott Casper, Adina Chelouche, Cristina Gioioso-Datta, Anna Tirado and Susan Richman. Mid-wives Carol Brekus-Watson, Michelle Plyler and Lucy O'Connell provide our mid-wifery care with JoAnn St. Pierre, NP. Kim Santagata serves as our OB patient educator. We offer GYN care for women from their teenage years throughout menopause and beyond.

Dr. Plisic is deeply compassionate about women's health, complimentary GYN medicine and welcomes new patients to County Ob/Gyn. Patients can meet any of our 11 providers in one of their conveniently located offices.

Medical School New York Medical College **Hospital** Yale-New Haven Hospital **Organizations** American Board of Obstetrics and Gynecology (Diplomate), American College of Obstetrics and Gynecology (Fellow) New Haven Obstetrical Society, American Institute of Ultrasound in Medicine, New England Ob/gyn Society

COUNTY OBSTETRICS AND GYNECOLOGY
687 Main St., Branford • (203) 488-8306
46 Prince St., New Haven • (203) 777-6293
1062 Barnes Rd., Wallingford • (203) 949-0450
2 Samson Rock, Meigswood, Ste. 1-C, Madison
(203) 421-6321
countyob.com

ANDREW H. RICE, D.P.M., FACFAS

DR. ANDREW H. RICE graduated from Temple University School of Podiatric Medicine and completed his residency at the VA Medical Center/Yale University School of Medicine. Dr. Rice is the current Chief of Podiatry at Norwalk Hospital and an attending physician at its Wound Care Hyperbaric Medicine Program and Yale University Critical Limb Ischemia/Limb Preservation Clinic. He is also a Clinical Assistant Professor in the Department of Orthopedics and Rehabilitation at the Yale University School of Medicine. He has published several journal articles.

Dr. Rice's specialties include treating foot trauma, sports injuries, complex foot deformities, diabetic limb preservation and reconstructive foot surgery including bunions, hammertoes, tendon injury, complex open wounds and arthritis. Dr. Rice has served as Principle Investigator for twelve clinical trials, and is currently enrolling patients in an open label, randomized trial for patients with chronic wounds on the lower extremities. Dr. Rice is in group practice with Dr. Sarah Russell at Fairfield County Foot Surgeons.

Medical School Temple University School of Podiatric Medicine **Hospital** Yale-New Haven Hospital, Norwalk Hospital, Stamford Hospital **Organizations** American Podiatric Medical Association, American College of Foot and Ankle Surgeons, Society for Vascular Surgery, Board Member, Vascular Health Forum

FAIRFIELD COUNTY FOOT SURGEONS, PC
4 Colony Place, Norwalk • (203) 866-3377
fcfootsurgeons.com

YALE SCHOOL OF MEDICINE *Department of Medicine Critical Limb Preservation Clinic*
800 Howard Ave., New Haven • (203) 737-6335

DAVID S. ROSENBLUM, M.D.

DR. DAVID ROSENBLUM graduated summa cum laude from the University of Buffalo School of Medicine and Biomedical Sciences and completed his residency in physical medicine and rehabilitation at Columbia-Presbyterian Medical Center. He is the Medical Director of outpatient and rehabilitation and spinal cord injury research at Gaylord Hospital in Wallingford.

"People come from all over Connecticut and beyond to Gaylord," he says, "because it is part of a network of 14 national spinal cord injury model systems that pool research and data to help deliver quality, cost-effective care to those recovering from spinal cord injury or illness". He is board-certified in physical medicine and rehabilitation, spinal cord injury medicine, and brain injury medicine, and works with patients dealing with spinal cord injury, severe strokes, multiple trauma, multiple sclerosis, post-polio and other conditions. "In rehab, people often have significant issues with disabilities," he says. "We are here to maximize their ability even in disability."

Medical School University of Buffalo School of Medicine and Biomedical Sciences **Hospitals** Gaylord Hospital, Yale-New Haven Hospital **Organizations** New Haven County Medical Association, Connecticut Society of Physical Medicine & Rehabilitation, Academy of Spinal Cord Injury Professionals

DAVID S. ROSENBLUM, M.D.
Gaylord Hospital
Gaylord Farm Rd., Wallingford • (203) 741-3348 • gaylord.org

JEFREY SALEK, M.D.

DR. JEFREY SALEK graduated summa cum laude from Clark University in Worcester, Massachusetts before earning his medical degree from the University of Connecticut School of Medicine. After completing his residency in Internal Medicine at Albert Einstein-Long Island Jewish Medical Center in New Hyde Park, NY, he served as chief medical resident there. He completed his fellowship in Gastroenterology at the University of Utah School of Medicine in Salt Lake City. Board-certified in both Internal Medicine and Gastroenterology, he treats patients who suffer from a wide range of gastrointestinal and liver diseases including ulcerative colitis, Crohn's disease, hepatitis C, hepatitis B, esophageal reflux, irritable bowel syndrome, and chronic liver disease.

Dr. Salek is especially interested in colon cancer screening and treating people who suffer from inflammatory bowel disease and hepatitis C. He is proud to be in a practice of highly qualified physicians and staff who "treat all patients with great sensitivity and care and provide a better understanding of their medical conditions."

Medical School University of Connecticut School of Medicine **Hospital** William Backus Hospital **Organizations** American College of Gastroenterology, Crohn's and Colitis Foundation of America, Phi Betta Kappa Society

NORWICH GI ASSOCIATES
79 Wawecus St., Ste. 101, Norwich
(860) 886-2655 • norwichgi.com

YOU SUNG SANG, M.D., FACG, AGAF

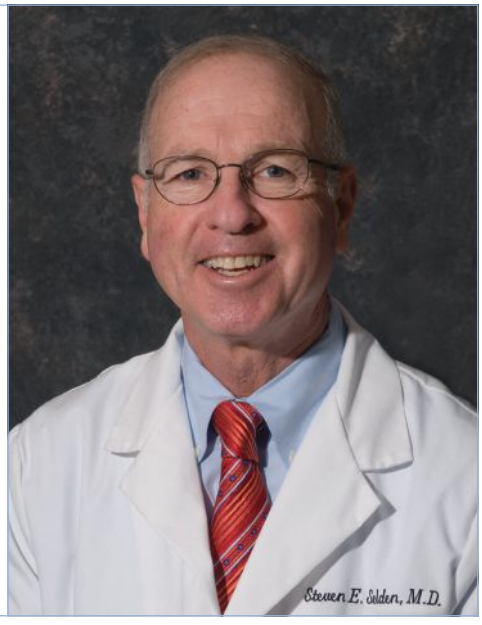
DR. YOU SUNG SANG graduated cum laude from Columbia University and earned his degree from the Icahn School of Medicine at Mount Sinai, NY. He further trained at Beth Israel Medical Center and Nassau County Medical Center, where he completed his gastroenterology fellowship.

In 2015, he and his partner Dr. Kolala Sridhar merged their practice with Connecticut GI, P.C., where they work along with Dr. Tonya Hall, Dr. Vaibhav Mehendiratta, Jeannine Hampton FNP-C, and Patricia Quilter, APRN. Together, this premier gastroenterology practice offers high-quality, comprehensive, compassionate, and innovative GI care delivered by a healthcare team with specialized training to promote a healthier quality of life. "Our expertly trained team will walk you through every step, from initial consultation and diagnosis to treatment," he says. "At our practice, we care about you and your well-being." Multi-lingual, he also speaks fluent Cantonese and conversational Spanish.

Medical School Icahn School of Medicine at Mount Sinai **Hospital** The William W. Backus Hospital **Organizations** American College of Gastroenterology (Fellow), American Gastroenterological Association (Fellow), Connecticut State Medical Society, New London County Medical Association (past President)

CONNECTICUT GI
105 Wawecus St., Norwich
(860) 859-9061• connecticutgi.org

STEVEN SELDEN, M.D.



DR. STEVEN SELDEN, a Hartford native, graduated from the Johns Hopkins School of Medicine, where he also completed his internship in surgery. He trained at Massachusetts General Hospital in the Harvard Orthopedic Residency Program and did a research fellowship in orthopedics at Harvard and Children's Hospital in Boston. He specializes in arthroscopic knee and shoulder surgery and sports medicine, and is assistant clinical professor of orthopedic surgery at the University of Connecticut School of Medicine.

Dr. Selden and his fellow physicians offer "state-of-the-art orthopedic care in a warm, caring environment," he says. "Our office staff is known for being courteous and accommodating. We respect our patients and offer personal care." Dr. Selden is also the team physician at Loomis-Chaffee School, a return to his Loomis roots.

Medical School Johns Hopkins University School of Medicine **Hospitals** Hartford Hospital, Saint Francis Hospital and Medical Center, UConn Medical Center–John Dempsey Hospital **Organizations** American Academy of Orthopedic Surgeons, Hartford County Medical Association, Connecticut State Medical Society, American Medical Association, Eastern Orthopedic Society

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PHILIP SIMKOVITZ, M.D.

DR. PHILIP SIMKOVITZ is a specialist in pulmonary diseases and critical care medicine. He earned his medical degree from Boston University. Following his internship and residency at the University of Connecticut, he completed a research fellowship in sleep medicine. His pulmonary and critical care fellowships were at McGill University, an internationally renowned center for pulmonary diseases.

As a solo practitioner, he has devoted himself to providing compassionate care to those patients who come to him to evaluate a variety of lung and breathing disorders. His expertise includes conditions such as asthma, emphysema (COPD), sleep apnea, respiratory failure and lung cancer. Dr. Simkovitz enjoys the multiple facets of pulmonary disease that allow him to interface with many other physicians such as internists, cardiologists, allergists and oncologists. He is honored they have named him a "Top Doc" again.

Medical School Boston University School of Medicine **Hospitals** Bridgeport Hospital, St. Vincent's Medical Center, Griffin Hospital **Organizations** American Thoracic Society, American College of Chest Physicians

PHILIP SIMKOVITZ, M.D.
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PRASHANT SONI, M.D.

DR. PRASHANT SONI earned his medical degree at Meharry Medical College in Nashville, Tenn., and did his general surgery residency at New York Medical College. During this time, he saw burn victims and was inspired by the ability to transform people's appearance with a combination of surgery and artistry. He completed his residency in plastic surgery at the University of Utah Health Sciences Center in Salt Lake City and a fellowship in aesthetic plastic surgery at Lenox Hill Hospital/Manhattan Eye, Ear and Throat Hospital.

With Connecticut having the highest incidence of breast cancer, he has devoted his "heart and attention" to reconstructive surgery of the breast. He dedicates the rest of his practice to cosmetic surgery and procedures that involve body sculpting and facial rejuvenation. He does many neck and eyelid lifts and targets "the area that needs the surgical element." Dr. Soni combines minimally invasive surgery with fillers and light chemical peels for results that make patients appear natural.

Medical School Meharry Medical College **Hospital Affiliation** Danbury Hospital, New Milford Hospital **Organizations** American Board of Plastic Surgery, American Board of Surgery, Fairfield County Medical Association (Associate Fellow), American College of Surgeons (Diplomate), American Society of Plastic Surgery, Surgical Society of the New York Medical College

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RAYMOND SQUIER, M.D.

DR. RAYMOND SQUIER, a native of Cheshire, received his bachelor's degree in biology at Lafayette College. He earned his medical degree from the UConn School of Medicine. He interned at Saint Francis Hospital and Medical Center and completed a residency in anesthesiology and fellowship in pain management at Hartford Hospital.

A staff anesthesiologist at Saint Francis, he has been director of pain-management services since 1990. It is one of the oldest pain-management centers in the state. "A lot of people don't understand pain-management as a specialty-even a lot of doctors," he says. "By the time patients come to see me, they've seen three or four other doctors" for back and neck pain, nerve injuries and cancer pain. Treatments include injections, spinal stimulation and oral and topical medications. He teaches residents at Saint Francis and UConn Medical Center and lectures regularly in the community about various topics in pain management.

Medical School UConn School of Medicine **Hospitals** Saint Francis Hospital and Medical Center, Manchester Memorial Hospital **Organizations** American Society of Anesthesiologists, Connecticut State Medical Society, Hartford County Medical Association

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M. MAHER SUEDE, M.D., FACS

DR. M. MAHER SUEDE graduated from Damascus University School of Medicine. He completed his general surgery residency at New York Methodist Hospital, and fellowship in surgical critical care at Hartford Hospital. He is in private solo practice at Suede Surgical Care, and currently serves as the Vice President of medical staff at Eastern Connecticut Health Network.

Dr. Suede is board-certified in general surgery, with broad expertise in laparoscopic and robotic surgery, and extensive experience in performing gallbladder surgery, hernia repair (including complicated abdominal wall reconstruction) and anti-reflux operations. Patients return to work in as little as one week. He performs state-of-the-art office-based treatment for varicose veins. He treats women with breast disease, including benign and malignant tumors. He is part of the multidisciplinary team at the Eastern Connecticut Health Network's Breast Care Collaborative. He is highly skilled in thyroid and minimally invasive parathyroid surgery. He is well-known for his compassionate care, admired by patients and highly respected by his peers, and has been ranked a Top Doctor each year since 2012.

Medical School Damascus University School of Medicine **Hospital Affiliation** Manchester Memorial Hospital, Rockville General Hospital, Saint Francis Hospital and Medical Center **Organizations** American College of Surgeons, American Society of Breast Surgeons

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RICHARD JUSTIN THOMS, M.D., FAAOS

DR. R. JUSTIN THOMS graduated from Kenyon College with a B.A. in chemistry and philosophy. After graduating Weill Cornell Medical College, he did his internship and residency at North Shore-LIJ in New York. He completed the Aufranc fellowship in adult reconstructive surgery at the New England Baptist Hospital in Boston. He is co-director of the Joint Replacement Center at Lawrence + Memorial Hospital in New London.

Dr. Thoms works with two other orthopedic surgeons at Seacoast Orthopedic Surgery & Sports Medicine in Groton, specializing in orthopedic treatment of arthritis for knees, hips, and shoulders. This includes nonsurgical treatment modalities as well as a high volume of knee, hip, and shoulder replacements. His experience enables his patients to have better outcomes after joint replacements with lower complication rates and less pain. "The goal is to get people enjoying their life without pain from arthritis. For some patients, surgery is the best option." He also performs revision surgery for patients who have had previous surgery, including joint replacements that have worn out or failed.

Medical School Weill Cornell University Medical College **Hospital Affiliation** Lawrence + Memorial Hospital **Organizations** American Association of Orthopedic Surgeons

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TITO L. VASQUEZ, M.D., FACS

DR. TITO L. VASQUEZ specializes in cosmetic, reconstructive and hand surgery. He graduated with honors from Trinity College in Hartford and earned his medical degree from New York Medical College in Valhalla, N.Y. He served as an officer in the U.S. Navy and the National Naval Medical Center in Bethesda, M.D., as well as Battalion Surgeon for the Marines in Okinawa, Japan.

Dr. Vasquez completed a general surgery residency at St. Luke's Hospital in Pennsylvania, including rigorous training at University of Pennsylvania and Children's Hospital of Philadelphia and a fellowship in orthopedic hand surgery at the Hospital for Special Surgery in NYC. He has had additional training in microsurgery at Columbia and orthopedic cancer surgery at Memorial Sloan Kettering. Finally, he completed his training in plastic and reconstructive surgery at Nassau University Medical Center with the renowned Long Island Plastic Surgical Group.

Medical School New York Medical College **Hospitals** Bridgeport Hospital, Norwalk Hospital, Surgery Center of Fairfield County , Saint Vincent's Medical Center **Organizations** American Society of Plastic Surgery (Diplomate), American College of Surgeons (Fellow), American Society for Aesthetic Plastic Surgery, Connecticut Society of Plastic Surgeons, New England Society of Plastic and Reconstructive Surgeons, Fairfield County Medical Association

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ANDREW E. WAKEFIELD, M.D., FAANS

DR. ANDREW WAKEFIELD earned his BS in pathobiology and MS in pathobiology/immunology from UCONN and medical degree and interned in general surgery and did his residency in neurosurgery at UCONN. He further trained at the University of New Mexico Hospital in Albuquerque and also completed a fellowship in spine surgery at the Cleveland Clinic. Each year he returns Cleveland Clinic as faculty to participate in a hands on spine course.

Dr. Wakefield treats all spine conditions; specializing in minimally invasive and complex spine surgery to treat spinal disorders and tumors. In solo practice, he is also associate director of the Department of Neurosurgery and co-director of the Spine Center at Hartford Hospital, which he praises for a rare "true collaboration between intervention radiology and neurosurgery" and "orthopedics and neurosurgery". He says, "Collegiality is what breeds quality. The patient is at the center of that collaboration {and it} optimizes outcomes," He has helped organize and led 11 medical missions at the Hospital Nacional Daniel A. Carrión in Lima, Peru to perform surgery and train local physicians. Dr. Wakefield has lectured internationally at the Egyptian Orthopaedic Association, Cairo, Egypt.

Medical School University of Connecticut School of Medicine **Hospital Affiliation** Hartford Hospital, St. Francis Medical Center, Mid-State Medical Center **Organizations** American Association of Neurological Surgeons (Diplomate), American Board of Neurological Surgery (Fellow), Congress of Neurological Surgeons, Council of State Neurosurgical Societies (Northeastern Quadrant Chair) American Medical Association, Connecticut Pain Society, New England Neurological Society (Board Member), Connecticut State Medical Society, Neurosurgical Society of Connecticut (President), Suffield Volunteer Ambulance Board (President)

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ABRAHAM C. YALE, D.P.M., F.A.C.F.A.S.

DR. ABRAHAM YALE, a Connecticut native, earned a B.A. in biology at Wesleyan University and graduated cum laude with a B.S. and D.P.M. at the Illinois College of Podiatric Medicine. He completed his residency in podiatry at the Hugar Surgery Center in Chicago and is board-certified in foot surgery. He is in his 35th year of private practice, with locations in Fairfield, North Haven and Greenwich.

Dr. Yale uses the newest, proven technology "to its fullest" to help patients get relief from foot pain. Examples include laser treatment for toenail fungus, a safe alternative to oral medications without possible side effects and no downtime, breakthrough Dermagraft technology to heal wounds in diabetics and help avoid the need for surgical intervention, and weekly treatments with shock wave therapy to treat heel pain within a few months. He partners with superior labs to produce custom-molded orthotics with an 90 percent success rate.

Medical School Illinois College of Podiatric Medicine **Hospital Affiliation** Bridgeport Hospital **Organizations** American College of Foot and Ankle Surgeons (Fellow), Fairfield County Podiatric Medical Association, Connecticut Podiatric Medical Association, American Podiatric Medical Association

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TODD A. ZACHS, M.D.

DR.TODD ZACHS specializes in treatments for disorders of the ears, nose and throat. This includes snoring, sleep apnea, headaches, hearing loss and allergies. Dr. Zachs graduated from the UConn School of Medicine and trained at Saint Francis Hospital and Medical Center. He is affiliated with Saint Francis and teaches at the UConn School of Medicine.

Dr. Zachs' priority is making patients feel better through proper medical management. "We use the latest techniques, such as coblation for tonsillectomies, which reduces pain, implantable hearing devices and sublingual immunotherapy," says Dr. Zachs. In addition, he performs plastic and reconstructive surgeries, including hearing restoration.

Medical School University of Connecticut School of Medicine, University of CT Health Center **Hospital Affiliations** St. Francis Hospital and Medical Center **Organizations** American Academy of Otolaryngic Allergy

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KAYE ZUCKERMAN, M.D.

DR. KAYE ZUCKERMAN received her undergraduate degree with honors from Yale University and her medical degree from Cornell University Medical College. She completed her internship and residency in surgery at the University Health Center of Pittsburgh. An assistant clinical professor of surgery at the Yale University School of Medicine, she is part of the mentoring program for third-year medical students on general-surgery rotations and residents. She is certified by the American Board of Surgery, is a fellow of the American College of Surgeons and a member of the American Society of Breast Surgeons.

Dr. Zuckerman is in private practice at Surgical Associates of New Haven, which is affiliated with Yale-New Haven Hospital and the Yale School of Medicine. The co-author of several publications, she works in breast surgery, general surgery, laparoscopic surgery and emergency surgery. "I make what can be a difficult time for patients a little easier by being informative and straightforward while using some humor," she says.

Medical School Cornell University Medical College **Hospitals** Yale-New Haven Hospital, Hospital of Saint Raphael **Organizations** American Board of Surgery, American College of Surgeons (Fellow), American Society of Breast Surgeons

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In pursuit of culinary excellence Paul (right) juggles many roles. As chef, butcher and friend of local farmers, he is uniquely qualified to source superior local meats that are in line with our Mission. Paul checks out the farm firsthand with John Morosani, owner of Laurel Ridge Farm (just 16 miles away).

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Asian dumplings

PHOTOS BY MARA LAVITT

To Eat at a Mockingbird (Kitchen & Bar)

BANTAM RESTAURANT OFFERS GLOBALLY INSPIRED NEW AMERICAN CUISINE | BY ERIK OFGANG

Mockingbird Kitchen & Bar

I quickly learned the charming restaurant has nothing to do with the classic American novel — sorry Lit junkies, there's no "Atticus Finch Finger Food" on the menu. Instead, the restaurant's name is a nod to the literal, not *literary*, mockingbird.

Chef and owner Samantha Tilley draws inspiration for her cuisine "from the mockingbird — who masters a wide variety of bird songs — to engage in a global culinary conversation," she explains on her website. Her dishes pay homage to her favorite food cultures, but she remains dedicated to using Connecticut products. The result is a New American menu that at its best is a United Nations of flavors that celebrates creativity with a delicate chicness, but this generally enjoyable culinary song occasionally goes off key.

The restaurant has origins as a supper club that Tilley organized at nearby Litchfield restaurants. Tilley had previously worked at Domaine Chandon in Napa Valley and traveled extensively, sampling foods from various cultures while working in apparel design. More recently she worked in the kitchen at Good News Café in Woodbury.

In 2012, Tilley took over a portion of the nearby Tollgate Hill Inn in what was the first incarnation of Mockingbird Kitchen & Bar.

Above: Coconut-orange panna cotta

Right: Miso salmon

Far right: Chef and owner of The Mockingbird Kitchen & Bar, Samantha Tilley of Harwinton

That location closed last January. At that time, she purchased the former Bantam Inn and spent much of 2015 renovating it before reopening this past Columbus Day Weekend.

The new space is one of the highlights of the restaurant. A long wood bar is the centerpiece of two dining areas with rustic but sleek chairs and tables. Soft lighting envelops the space with the warmth of candles and hanging deck lights. Its perfect date-night ambience impresses with sophistication, not snobbery — you'd feel comfortable in either slacks or jeans.

On the bar, bowls of fresh fruit serve as unofficial endorsements of the well-crafted cocktails offered. One speciality is the Lion's Tail, featuring Michter's bourbon, St. Elizabeth's Dram, lime, Peychaud's bitters and simple syrup; the result was a refreshing but not-too-sweet accompaniment to the meal. In addition, the restaurant has a global wine list and a solid craft beer lineup. Beer from two Connecticut breweries, Half Full and Black Hog, were on tap, each poured with a clean freshness.

My favorite dish of the night was the Asian dumplings. "[They're] made with pork, green onion, ginger, black soy and sesame oil," Tilley explained when contacted by email after my visit. She added, "They sit is a classic chili and vinegar sauce, topped with palm sugar syrup."An appetizer special, these little pieces of culinary goodness were crave inducing. Our dinner group stopped just short of fist-fighting for them.

Less impressive on the appetizer front were the falafel fritters, a wonderful sounding mixture of Southern American-style fritters and Middle Eastern tradition that evoked images of cross-food strokes of genius like the Cronut, but lacked the moistness of my favorite fritters or the fluffy crunch of an excellent falafel. Also disappointing were the chicken wings. Made with pear chutney and served with winter greens, the wings are a great looking dish but were lacking something; I wanted them to be spicier, or have more of a citrus kick.

Another winner was the Free Bird Farm chicken breast tagine, utilizing chicken from Free Bird Farm in New York State. The dish was served with sweet potato puree, pearl couscous, parsnips, carrots and tomato chutney, and was one of the shining examples of the restaurant's local-sourcing meets global-inspiration menu. The tomato chutney acted like a sweet barbecue sauce for the chicken, giving the dish a flavor that was equal parts Southern soul food and French cuisine. Unfortunately this seasonal specialty has been taken off the menu for the spring.

Other entrées I sampled included a solid-but-not-spectacular

steak elevated by exceptionally airy mashed potatoes, and a jalapeno-powered burger special that came with delicious house-made fries.

For dessert, I sampled two dishes, the chocolate lava five-spice cake and the coconut orange panna cotta. On a return visit, I'd skip the chocolate lava — the combination of peanut butter ice cream, chocolate sauce and chocolate crumbs proved an overload of cocoa and left me in a sugar coma I'm only just coming out of — and stick to the orange panna cotta served with banana cream sauce and delicious coconut ice cream. It was a great cap to the meal.

By the time I left, I had forgotten my earlier questions about the origins of the name, and the philosophy of the place was clear. It would be a sin not to eat at this Mockingbird.

Mockingbird Kitchen & Bar
810 Bantam Road, Bantam
860-361-6730, mockingbirdkitchenandbar.com
Hours: Wed.-Fri, 5-10 p.m., Sat. 2-11 p.m., Sun. 2-10 p.m. Closed Mon.-Tues.
Price range: Appetizers $10-$16, dinner entrées $18-$30
Wheelchair accessible

AMBIANCE Classy with a capital C. Great mood lighting, beautiful bar and dining rooms with a warm fireplace. Perfect for dates and special occasions, yet casual enough for an after-work happy hour.

SERVICE Staff was friendly, attentive and informative. Questions about the cocktail menu resulted in a visit from the bartender to further explain the beer list.

FOOD The food pushes the boundaries of the "New American" designation with farm-fresh products and globally inspired flavors that generally work well together.

Pho-nomenal

NORWALK'S MECHA NOODLE BAR IS A MECCA OF PHO AND RAMEN FLAVOR | BY ERIK OFGANG

Above, red oil dumplings, and below, Tonkotsu pork ramen. PHOTOS BY NOAH FECKS

In December the already robust South Norwalk dining scene was bolstered by the opening of Mecha Noodle Bar. The super-sleek restaurant, serving lunch, dinner and late-night snacks Thursday through Saturday, offers a hot and steamy hip-hop mix of Asian comfort food from various cultures.

Mecha means "mom and pop" in Vietnamese, and the specialties here are big cure-your-cold-delicious and warm-your-soul bowls of pho (a Vietnamese rice noodle soup pronounced "fa") and ramen (Japanese wheat noodle soup). Other highlights of the menu include a section of steamed bao items — Asian American-inspired fluffy buns wrapped around ingredients like shrimp, pork belly and KFC, Korean fried chicken.

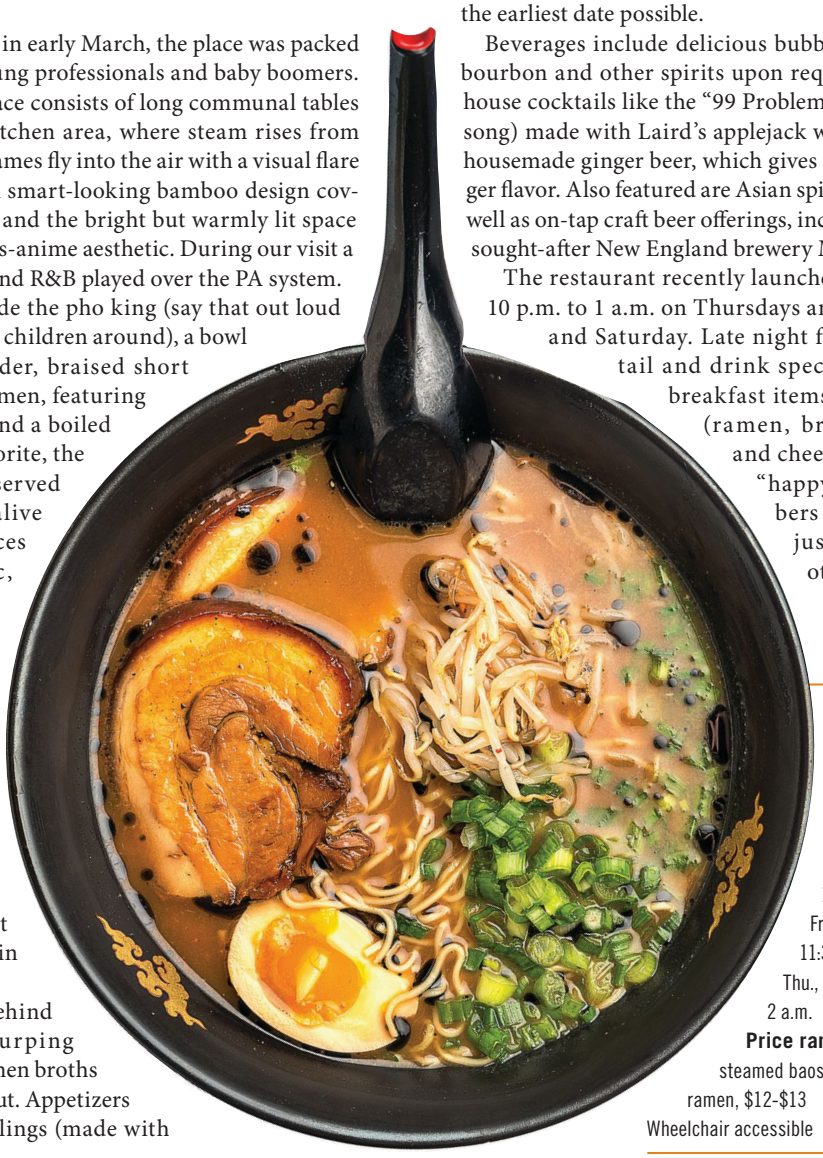
Located in the former Pasta Nostra space on Washington Street, the restaurant is the second location for the popular noodle house that originated in Fairfield. It is owned by Tony Pham and Richard Reyes. Pham, the restaurant's culinary director, also owns the popular Danbury Vietnamese restaurant Pho Vietnam. Like Reyes and Pham's other establishments, Mecha Noodle Bar in Norwalk is a winner.

On a Thursday evening in early March, the place was packed with a SoNo crowd of young professionals and baby boomers. The inviting and open space consists of long communal tables beside a bar and open kitchen area, where steam rises from giant bowls of soup and flames fly into the air with a visual flare reminiscent of hibachi. A smart-looking bamboo design covers the walls and ceiling, and the bright but warmly lit space has a New York City-meets-anime aesthetic. During our visit a dance-ready mix of soul and R&B played over the PA system.

Menu highlights include the pho king (say that out loud three times if there are no children around), a bowl of pho made with a tender, braised short rib; the tonkotsu pork ramen, featuring spicy sprouts, scallions and a boiled egg; and my personal favorite, the paitan chicken ramen, served in a broth that comes alive with a symphony of spices including black garlic, nori, scallions, egg and menma (a Japanese condiment made from bamboo shoots).

The pho dishes tend to be lighter and are complemented by the softer, airy pho noodle, while the ramen dishes are more aggressive, saltier and have a crunchier noodle. Both are excellent depending on what you're in the mood for.

Though a neon sign behind the bar proclaims "Slurping Encouraged," pho and ramen broths are not all this place is about. Appetizers include the red oil dumplings (made with pork, shrimp, sichuan vinegar and cilantro) and the downright inspiring bao shrimp roll, a must-try sandwich that has left me craving more bao — a delicacy I've never had before but will have again at the earliest date possible.



Beverages include delicious bubble teas served spiked with bourbon and other spirits upon request and a slew of creative house cocktails like the "99 Problems" (named for the hit Jay-Z song) made with Laird's applejack whiskey, perfecto amor and housemade ginger beer, which gives the drink a prominent ginger flavor. Also featured are Asian spirits like shochu and sake, as well as on-tap craft beer offerings, including a rotating beer from sought-after New England brewery Maine Beer Co.

The restaurant recently launched a late-night menu from 10 p.m. to 1 a.m. on Thursdays and 10 p.m. to 2 a.m. Friday and Saturday. Late night features a variety of cocktail and drink specials, and after midnight, breakfast items like the shoyu breakfast (ramen, brown butter, bacon, egg and cheese). There is also a special "happy meal" offered for members of the industry who have just finished their shifts at other restaurants.

Mecha Noodle Bar should certainly take a bao.

Mecha Noodle Bar

116 Washington St., South Norwalk
203-295-8718, mechanoodlebar.com
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Price range: Appetizers, $7-$11; steamed baos, $7-$10; pho, $10-$14; ramen, $12-$13
Wheelchair accessible

SAVOR, A CELEBRATION OF WINE FOOD & SPIRITS: PETER CIRILLI PHOTOGRAPHY

Q&A With Robert Irvine

THE CELEBRITY CHEF DISHES ON *SAVOR*, WOUNDED WARRIOR SCANDAL AND STAYING IN SHAPE | BY MARYELLEN FILLO

When the second annual three-day *Savor* opens at the Connecticut Convention Center in Hartford on April 7, be prepared for a wine, food and spirits extravaganza featuring a kitchen full of noted chefs ranging from Edward Allen, Prasad Chirnomula and Mary Ann Esposito to Connecticut's own Jeffrey Lizotte, Tyler Anderson, Bill Carbone, Vinnie Carbone, Nick Martschenko and Jamie McDonald. The culinary brain behind the celebration is celebrity chef Robert Irvine. And for him it's about lots more than food and spirits and a crowd that enjoys both. The event, presented by Foxwoods, benefits his Robert Irvine Foundation, supporting members of the armed forces and their families. From the new *Savor the Legends* bourbon tasting opening reception on April 7 to the two-day *Sip, Savor & Stroll Grand Tasting* on April 8 and 9, to the climactic *Charity Gala*, also on April 9, the three-day event has something for anyone who likes a recipe of culinary delights and celebrities, Irvine promises. And as he prepares for his return to Hartford, he stepped away from the stove and shared his thoughts with *Connecticut Magazine* on food, festivals and the foundation he established to help others.

What brings you back to Hartford and what can we expect at this year's *Savor*?

The great response from the people in Connecticut, the incredible chefs from Connecticut and the incredible food that last year blew everyone away compared to any other festival I attended. Your local chefs do such a great job. And this event is not about me but about their food. Last year we made $60,000 for the foundation, and this year, I hope we will beat that number. I want people to have a great experience at Savor. I don't want 10,000 people crammed in a room and some of them getting drunk and throwing up. I want this to be a good experience and bringing it here to Hartford has accomplished that.

I have to divert from the food subject for a bit. Your foundation and the money it makes is donated to military families in need. By now you are probably well acquainted with the controversy surrounding the staff spending of the Wounded Warrior Project. What assurances can you provide to potential *Savor* guests or others who donate to your foundation that the lion's share of the money is used for the cause?

Go on our website, robertirvinefoundation.org, and you can see exactly what we do with the money we raise from contributions, events and my food line. We are very transparent about that. I am not a foundation CEO making $380,000. I pay my own hotel and travel costs; I make sure we have zero expenses. We have a legal team that is very tight and makes sure the foundation stays this way. I am so dedicated to this cause I make sure 100 percent of our fundraising goes to the military families we try to help. Even when I get birthday money from friends and family, it goes into the foundation. We are above reproach. We have to be.

So back to food talk. It's been a couple of decades since wine and food events were introduced and they don't seem to be losing any steam when it comes to popularity. What do you think?

It's definitely still popular and I think these kinds of events will continue to be.

I just got done with one at South Beach and there were thousands of people who attended. I think people like these events because they want to be able to touch and feel and taste the chefs and the foods they see on television. What with the technology today and the Food Network and other cooking shows, society has become more engaged with food as far as where it comes from, how to prepare it and how to take charge of what we eat. I don't see interest waning. An event like Savor offers great food, great wine and spirits and the chance to meet chefs you may have on your TV or some other device.

What foods are you looking forward to sampling at Savor this year?

I love it all. And not just the food and the spirits, but the chefs who participate and the guests, especially the military guests. Because of your sub base and the Coast Guard Academy, we always have a nice military turnout at the Hartford event. It is nice to have so much good food and good people all in one room.

Your *Restaurant: Impossible* show is going strong. I know you have done a few restaurants here in Connecticut. Can we expect any on the show soon?

I'm just finishing up the season in Cleveland, but for next season, you never know. It's funny because when I created the show it was about paint and wallpaper and business but it has changed to also embrace changing cultures and family dynamics. I plan to stay with the show as long as there is one. It's a crazy one but people seem to relate to the circumstances.

s Selection: Braised Short Ribs with
airing: Charles Krug - Peter Mondavi Family
Cabernet Sauvignon,
Napa Valley, Estate Bottled
SAVOR, A CELEBRATION OF WINE FOOD & SPIRITS: PETER CIRILLI PHOTOGRAPHY

I have been asked to ask you how, in a world of food, do you stay in shape?

I work out every day and I am careful about what I eat. I am very concerned about obesity in this country and developed my food line to address that. As far as people saying they don't have time to exercise, I call a foul on that. There is no such thing as no time. One hour a day gives you a good workout. You don't need to try to look like Mr. America. There are different degrees of fitness to fit different degrees of people. To parents, I have this to say, get your kids to go outside and play. Run, jump, play ball, do something. I am very concerned about the obesity in young children these days. Get them out and join them.

What would a visitor always find in your refrigerator?

Nothing. I travel most of the year and never get to eat at home.

When you do, what is your favorite meal?

Roasted chicken and mashed potatoes.

You are an author, show host, celebrity chef, philanthropist, businessman. Anything new on your plate, no pun intended?

I have an online magazine called *Robert Irvine Magazine* coming out. It will focus on food and lifestyle, travel and fitness. And my new restaurant, Robert Irvine Fresh, at the Pentagon, is scheduled to open in six weeks. I'm also working on something in Las Vegas but not ready to talk about that yet.

Given it's an election year, any comment on who you would like to be serving a presidential luncheon to at that new restaurant when the time comes?

I never talk politics or religion.

Plenty to Savor at This Hartford Food Extravaganza

Mark your calendars if you are a foodie, celebrity watcher or wine connoisseur. The second annual *Savor,* a food and wine extravaganza presented by Foxwoods, opens April 7 at the Connecticut Convention Center in Hartford.

"It's going to be an exciting event," said Vicky Cirilli, a veteran event planner who has organized some of the state's best known food and wine events, including those at the New Britain Museum of American Art and Mohegan Sun.

Cirilli said there will be some new additions to this year's event, featuring celebrity chef Robert Irvine, best known for his Food Network show *Restaurant: Impossible*. Savor benefits his Robert Irvine Foundation, which provides assistance to servicemen and -women and their families.

The three-day event kicks off April 7 with the new *Savor the Legends* presented by "B" (the former Plan B group). The exclusive reception will give guests the opportunity to sample five years of the legendary Pappy Van Winkle bourbon and mingle with Irvine, Cirilli said.

The weekend event continues with the *Sip, Savor & Stroll Grand Tasting* on April 8 and 9, featuring wines, spirits, food offerings and demonstrations by some of the featured chefs, including several notables from Connecticut.

"There is so much talent in Connecticut," Cirilli said, noting this year's lineup includes some of the state's most well-known chefs, such as Tyler Anderson, Bill Carbone, Vinnie Carbone, Steve Rosen and Luke Venner. "We want to spotlight all these chefs and offer an event that is diverse."

Also on April 9, the event is capped off with the decadent *Savor in Style Charity Gala*, hosted by Irvine. He and guest chefs will offer a host of dishes that will be paired with wines and spirits at the walk-around affair. There will also be champagne and desserts.

Here is the full three-day schedule:

SAVOR THE LEGENDS
Thursday, April 7 | 7 to 9:30 p.m.
Tickets: $125 ($150 at the door, unless sold out in advance)

SIP, SAVOR & STROLL: THE GRAND TASTING
Friday, April 8 | 7 to 10:30 p.m. and Saturday, April 9 | noon to 4 p.m.
Tickets: $110 ($125 at the door, unless sold out in advance)

SAVOR IN STYLE CHARITY GALA
Saturday, April 9 | 7:30 to 11 p.m.
Tickets: $160 ($175 at the door, unless sold out in advance)

For more information, go to savorct.com

Craft Cruising

Have an upcoming beer, wine or other craft beverage event? Let me know at eofgang@connecticutmag.com

HAT CITY ON TAP, April 2 This beer festival at the Danbury Ice Arena will feature more than 200 beers from a variety of breweries, plus live music and food available for purchase. 5 to 8 p.m. $35. 1 Independence Way, Danbury. *americaontap.com/ct-on-tap*

A flight at Two Roads Brewing Co. in Stratford

PHOTO BY ERIK OFGANG

SAVOR THE LEGENDS, April 7 The *Savor* wine, food and spirits festival runs April 7-9. It will kick off with this not-to-be missed bourbon dinner presented by Plan B. Guests will try five rare samples of Pappy Van Winkle bourbon, enjoy a Kentucky-inspired menu and mingle with Robert Irvine. 7 to 9:30 p.m.$125 (advance), $150 (at door). 100 Columbus Blvd., Hartford. *860-874-7742, savorct.com*

WEST-CENTRAL CONNECTICUT BREWERY BUS TOUR, April 16 Visit four breweries (Relic, Shebeen, Firefly Hollow and Brassworks) without worrying about driving on this bus tour organized by CTBeertrail.net. The tour starts and ends at Firefly Hollow Brewing in Bristol. There are tours departing at 11:45 a.m., 3:43 p.m. and 4:44 p.m. $20. 139 Center St., Bristol. *860-292-0279, ctbeertrail.net*

POSES 2 PINTS YOGA, April 3 & May 1 Find your breath and your beer at this yoga event at Two Roads Brewing Co. Guests warm up with a beer taster, enjoy a 60-minute, all-levels yoga class, then take a 15-minute tour of the brewery that includes one free pint; however, the event is BYOM (bring your own mat). 1700 Stratford Ave., Stratford. *203-335-2010, tworoadsbrewing.com*

CONNECTICUT BLIND BEER AWARDS, April 23 Twelve Connecticut breweries will compete in a epic people's choice blind taste test of 12 IPAs at the Blind Rhino in Norwalk. The winner will be crowned at the end of this event, hosted by Ken Tuccio. I'll be one of the four judges. Tickets include unlimited samples and an all-you-can-eat buffet. 1 p.m. $25. 15 N. Main St., Norwalk. *welcomect.com*

HAVANA NIGHTS AT JONATHAN EDWARDS WINERY, April 30 We all dance better when we have a little wine, so swing into spring at this Cuban-inspired night at one of the state's most beloved wineries. Guests will be treated to a Latin/Calypso-style jazz band, a brief salsa lesson and a dance performance by the TropiGals. Tickets include a cigar and glass of wine. 7 to 9:30 p.m. $30. 74 Chester Main Road, North Stonington. *860-535-0202, jedwardswinery.com*

THE THREAD CITY HOP FEST, May 1 This beer-drinker's beer festival will feature more than 45 breweries hailing from throughout New England, as well as great food and live music at this event organized by the Willimantic Brewing Co. as a fundraiser for local charities. 1 to 5 p.m. $35 (in advance) $50 (at the gate). Jillson Square, 645 Main St., Willimantic. *threadcityhopfest.com*

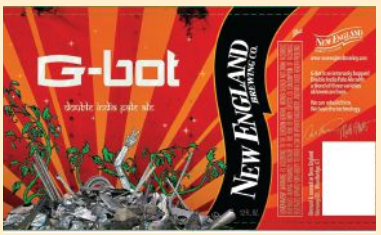
Blackened Catfish, Smokin Skillet, Hamden

ONE DISH

Tucked next to a barber shop, Smokin Skillet is little more than a room with a counter. There are a few tables scattered around if you want to dine in, but most customers take away, which is exactly what my friends and I did. There are plenty of Southern, Cajun and Creole treats on the menu, including hot wings, chicken and waffles, and shrimp and grits, but it was the meal combinations that tempted us. These combos allow you to mix and match entrees like fried boneless chicken breasts, blackened shrimp and catfish with two sides, including greens, five-cheese mac & cheese and potato salad. All combos are served with corn bread.

I ordered the blackened catfish with dirty rice and candied yams. The spice on my first bite of catfish took my breath away. The rub is slathered thick on the fish, leaving no surface untouched. When paired with the candied yams, which are delightfully sweet, the heat is beautifully cut and balanced. This is authentic Southern cooking. It is clear there's a lot of love in the food, and I loved it right back. | KATE HARTMAN |

203-691-6691, smokinskillet.com



COURTESY OF NEW ENGLAND BREWING CO.

G-Bot, New England Brewing Co.

ONE DRINK

In 2009, when Matt Westfall, head brewer at New England Brewing Co. in Woodbridge, first developed G-Bot, formerly known as Gandhi Bot, he wasn't ready for the beer world's reaction. "It started as a home-brew recipe that I had been playing around with for a bunch of years," he recalls.

With the hoppy beer, however, Westfall had found Double IPA gold.

Since its release, G-Bot, with its gold-orange color and addictive mixture of bitterness and sweetness, has grown into one of the most sought-after Connecticut brews.

Last year, a lawyer in India sued over the beer's use of Mahatma Gandhi's name and a cartoonish robot caricature of him on the can. The controversy drew international headlines and the brewery agreed to rename and repackage the product. (The new cans have the same color, but the likeness of Gandhi has been removed.)

With its new name and label, production of G-Bot ramped up in March. Going forward, Westfall estimates that an additional 800 cases of the beer will be produced every two months, which will more than double last year's output.

Though hoppy, the beer has earthy floral notes and fruity sweetness that make it drinkable despite its bitterness. G-Bot utilizes Columbus hops and a lot of malt to create its signature flavor profile.

Part of the reason G-Bot isn't widely available is that the lion's share of the production facilities at New England Brewing Co. are devoted to producing Sea Hag IPA. "As we brew more G-Bot and it becomes more available, we'll hopefully hit a bigger broader audience like we did with Sea Hag," Westfall says.

Tips for finding it: G-Bot is distributed across the state in cans and on draft, but it often disappears quickly from store shelves and bars. To find the beer you can track it on the BeerMenus app. Also try smaller local liquor stores. It is often kept in the back and you have to ask for it. | ERIK OFGANG |

dining guide

APRIL 2016

Fairfield 135
Hartford 136
Litchfield 138
Middlesex 139
New Haven 140
New London 142
Tolland 143
Windham 143

Fairfield County

Aanci 67 • ***Italian*** • **EP** Excellent Sorrento-style Italian food made by the former chef at Le Fontane. Menu includes best-in-class pasta dishes. • 7 Main St., Georgetown (Redding), 203-587-1300 *aranci67.com*. Closed Tues. D L (Fri.-Sun.) SB, $$, WA

Acqua • ***Seafood*** • **EP** Bi-level space with windowside river views, Mediterranean fare and pizza from a wood-burning oven. • 43 Main St., Westport, 203-222-8899 *zhospitalitygroup.com*. Open daily. L D, $$$

Amba Vilas Palace • ***Indian*** • **EP** Dedicated to creating the finest-quality products by using only the very best ingredients from around the world. • 54 Pembroke Road, Danbury, 203-746-6425 *ambavilaspalace.com*. Closed Mon. L D, $$

Artisan • ***New England*** • **EP RC** A farm-to-table restaurant with New England-inspired seasonal cuisine. • 275 Old Post Road, Southport, 203-259-2800 *artisansouthport.com*. Open daily. L D SB, $$, WA

Bailey's Backyard • ***Farm to Table*** • **EP** A farm-to-table restaurant in a polished, relaxed atmosphere. • 23 Bailey Ave., Ridgefield, 203-431-0796 *baileysbackyard.com*. Closed Mon. L D SB, $$$

Bar Sugo • ***Italian*** • **EP** This beloved Italian restaurant bills itself as the place where "modern Italian meets peasant food." That philosophy shines through in its delicious offerings. • 102 Wall St., Norwalk, 203-956-7134 *barsugo.com*. Open daily. D SB, $$, WA

Bernard's • ***French*** • **EP** Consistently serving perfectly executed seasonal entrées in an elegant country setting. *Wine Spectator* Award of Excellence. • 20 West Lane, Ridgefield, 203-438-8282 *bernardsridgefield.com*. Closed Mon. L D SB, $$$, E, WA

Bloodroot • ***Vegetarian*** • **EP RC** Offers a seasonal menu that might include Vietnamese summer rolls, the Bloodroot burger and Mexican mole. • 85 Ferris St., Bridgeport, 203-576-9168 *bloodroot.com*. Closed Mon. L (Tues., Thurs.-Sat.) D SB, $$, WA

Bobby Q's Bodacious BBQ & Grill • ***Barbecue*** • **EP** The real deal: BBQ nachos, baby-back ribs, the brisket Reuben, burnt ends and lots more. • 42 Main St., Westport, 203-454-7800 *bobbyqsrestaurant.com*. Open daily. EL, D, $$, E, WA

Bodega Taco Bar • ***Mexican*** • **EP** Offers up inventive, doing-their-own-thing fare described as "Modern Mexican with an Urban Beach Vibe." • 1700 Post Road, Fairfield, 203-292-9590 *bodegatacobar.com*. Open daily. L, D, LS (Fri.-Sat.), SB, $

Brasitas • ***Mexican*** • **EP** Latin fusion cuisine coupled with tropical decor and authentic Latin American traditions and values. • 954 E. Main St., Stamford, 203-323-3176; 430 Main Ave., Norwalk, 203-354-7329 *brasitas.com*. Open daily. L D, $$$

Brick + Wood • ***Pizza/Italian*** • **EP** This artisan pizza emporium offers some of the best Napolitano-style pizza in the state. • 1275 Post Road, Fairfield, 203-939-1400 *lovelifeandpizza.com*. Closed Mon. L, D, $$

Butcher's Best Country Market • ***Deli*** • **RC** Meats are hand-selected, trimmed and cooked, prepared take-home or in your favorite sandwich to go. Traditional and special salads are also available. • 125 S. Main St., Newtown, 203-364-0013 *butchersbestmarket.com*. Closed Sun. L, $

The Capital Grille • ***Steak*** • **EP** Located in the heart of downtown Stamford this classic-style steakhouse serves dry-aged porterhouse as well as creative seafood dishes like citrus-glazed salmon. • 230 Tresser Blvd., Stamford, 203-967-0000 *thecapitalgrille.com*. Open daily. L (Mon.-Fri.) D, $$$, E, WA

Casa Villa • ***Mexican*** • **EP** Robust, authentic Mexican cuisine served in the relaxed atmosphere normally only found south of the Rio Grande. • 182 W. Main St., Stamford, 203-323-1721 *casavillarestaurant.com*. Open daily. L, D, LS (Fri.-Sat.), $, WA

Char • ***American*** • **EP** Contemporary American restaurant that has a menu that changes seasonally and sources local meats, produce and cheese whenever possible. • 2 South Water St., Greenwich, 203-900-1100 *charct.com*. Open daily. L (Mon.- Fri.) D, $$

Coromandel Cuisine of India • ***Indian*** • **EP RC** Wide range of tasty Indian fare is served in a small, tastefully done space. • 25-11 Old Kings Hwy. N., Darien, 203-662-1213; 316 South Main St., Newtown, 203-426-7143; 68 Broad St., Stamford, 203-964-1010; 17 Pease Ave., Southport, 203-259-1213 *coromandelcuisine.com*. Open daily. L D SB, $$, WA

Da Pietro's Restaurant • ***Italian*** • **EP** Chef Pietro Scotti prepares critically acclaimed cuisine. In particular, he's known for his homemade pasta, seafood, meats and game, as well as his signature sauces. • 36 Riverside Ave., Westport, 203-454-1213 *dapietros.com*. Closed Sun. L (Mon.- Fri.) D, $$

Dinosaur Bar-B-Que • ***Barbecue*** • **EP** Offers a menu firmly rooted in the traditions of Southern barbecue but with its own distinct character. • 845 Canal St., Stamford, 203-517-3272 *dinosaurbarbque.com*. Open daily. L D, $$

F.I.S.H. • ***Seafood*** • **EP** This mod-elegant restaurant features a variety of excellently prepared seafood favorites and a special section of the menu that lets you choose your fish and how it's cooked. • 245 Bedford St., Stamford, 203-724-9300 *fishstamford.com*. Open daily. L (Mon.-Thurs.) D, $$$, WA

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 238 Commerce Drive, Fairfield, 203-333-7373; 59 Federal Road, Danbury, 203-790-7373 *pepespizzeria.com*. Open daily. L D, $, WA

CONNECTICUT Magazine's restaurant listings are presented as a service to our readers. Information on specialties, prices, etc., was supplied by the restaurateurs. Space limitations in this guide prevent us from describing every restaurant in the state; omission is not intended to reflect upon the quality of an establishment. The listings include restaurants we know and love, and those recommended to us by our readers. Average entrée prices are based on dinner entrées: $ — inexpensive (under $15); $$ — moderate ($15-$25); $$$ — expensive (over $25). This guide is updated regularly, but it is suggested that prices and hours be verified by phone. B (Breakfast); L (Lunch); D (Dinner); LS (Late Supper); SB (Sunday Brunch); E (Live Entertainment); WA (Wheelchair Access); **EP** = 2016 Experts' Pick award winner; **RC** = 2016 Readers' Choice winner.

Geronimo Tequila Bar & Southwest Grill • ***Southwestern Fusion*** • **EP** Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 2070 Post Road, Fairfield, 203-955-1643 *geronimobarandgrill.com*. Open daily. L D LS, $$

Homestead Inn — Thomas Henkelmann • ***French*** • **EP** Upscale French restaurant features impeccable service, comfortable surroundings, an extensive wine list and creative French food. • 420 Field Point Road, Greenwich, 203-869-7500 *homesteadinn.com/thomas-henkelmann*. Closed Sun.-Mon. L (Tues.-Fri.), D, $$$

Hoodoo Brown BBQ • ***American*** • **EP** This laid-back barbecue bar and restaurant features a delicious blend of Texas, Kansas City, Carolina and other styles that will leave you craving more. • 967 Ethan Allen Hwy., Ridgefield, 203-438-6033 *hoodoobrownbbq.com*. Closed Mon. D, $$, WA

Ibiza Tapas Danbury • ***Tapas*** • **EP** Surround yourself with the sights, sounds, flavors and scents of Spain, with both hot and cold as well as traditional and modern tapas. • 93 Mill Plain Road, Danbury, 203-616-5731 *ibiza-tapas.com*. Closed Mon. D, LS (Fri.-Sat.), $, WA

Ichiro • ***Sushi*** • **EP** Ichiro offers a combination of Asian fusion, sushi and hibachi entrees. Enjoy the full-service bar and the shows put on by the hibachi chef. • 69 Newtown Road, Danbury, 203-792-8881 *ichirodanbury.com*. Open daily. D, LS (Fri.-Sat.), $$

Joseph's Steakhouse • ***American*** • **EP** Known for a New York-style steakhouse experience with gems such as prime dry-aged beef. • 360 Fairfield Ave., Bridgeport, 203-337-9944 *josephssteakhouse.com*. Open daily. L (Mon.-Fri.) D, $$$, WA

Kawa Ni • ***Asian*** • **EP RC** A creative interpretation of pan-Asian cuisine and culture, styled after a Japanese pub and using locally grown ingredients. • 19A Bridge Square, Westport, 203-557-8775 *kawaniwestport.com*. Closed Mon. L (Tues.-Sat.) D LS (Tues.-Sat.), $$$

Kotobuki • ***Sushi*** • **EP RC** Rated "one of the best sushi restaurants" by Zagat for the past two decades, Kotobuki offers high-quality, classically prepared and authentic Japanese food. • 457 Summer St., Stamford, 203-359-4747 *kotobukijapaneserestaurant.com*. Closed Mon. L (Tues.Fri.) D, $$

l'escale • ***French*** • **EP** A stylish, romantic dining room overlooking Greenwich Harbor that serves superb Provençal cuisine. • 500 Steamboat Road, Delamar Greenwich Harbor, Greenwich, 203-661-4600 *lescalerestaurant.com*. Open daily. B L D LS SB, $$, WA

Liana's Trattoria • ***Italian*** • **EP** Traditional Italian cuisine served in the atmosphere of an authentic Italian bistro. • 591 Tunxis Hill Road, Fairfield, 203-368-1235. Closed Sun.-Mon. D, $$$, WA

Little Pub • ***American*** • **EP RC** Great food, generous drinks, seasonal menus and a lively pub atmosphere where you'll feel right at home. • 59 Ethan Allen Hwy., Ridgefield, 203-544-9222 *littlepub.com*. Open daily. L D, $$

The Local Kitchen and Bar • ***American*** Craft beer is the name of the game here with more than 30 lines including rare local, national and international gems. There is also a full menu of classic American cuisine. • 68 Washington St., Norwalk, 203-957-3352 (sonolocal.com); 85 Mill Plain Road, Fairfield, 203-955-1919 *fairfieldlocal.com*. Open daily. L D, $$, WA

Luc's Cafe • ***French*** • **EP** An authentic French bistro offering non-stop service from 11 a.m. on, with terrace dining available in the warmer months. • 3 Big Shop Lane, Ridgefield, 203-894-8522 *lucscafe.com*. Closed Sun. L D, $$$, E

Match • ***American*** • **EP** The farm-fresh, seasonal menu at this upscale SONO restaurant changes daily but always offers something intriguing. • 98 Washington St., South Norwalk, 203-852-1088 *matchsono.com*. Open daily. D L (Wed.-Fri.), $$$

Mecha Noodle Bar • ***Asian*** • **EP RC** Serves some of Asia's most comforting dishes, from Vietnamese pho to Japanese ramen and riffs on food that can be found in the streets of Southeast Asia. • 116 Washington St., S. Norwalk, 203-295-8718; 1215 Post Road, Fairfield, 203-292-8222 *mechanoodlebar.com*. Open daily. L D, $

Mezon • ***Mexican*** • **EP** An inventive fusion of Spanish, Latin American, and Caribbean-inspired dishes to transport you to a time of tradition, passion, flavor and soul. • 56 Mill Plain Road, Danbury, 203-748-0875 *mezonct.com*. Open daily. L D SB, $

Ondine • ***French*** • **EP RC** Serves French dishes such as duck foie gras with rhubarb-and-fig compote. One of the classic Fairfield County restaurants. • 69 Pembroke Road (Route 37), Danbury, 203-746-4900 *ondinerestaurant.com*. Closed Mon.-Tues. D SB, $$$, WA

Paloma • ***Latin*** • **EP** High-energy Latin-inspired restaurant and gathering place located in Stamford's Harbor Point neighborhood overlooking the marina. • 15 Harbor Point Road, Stamford, 203-998-7500 *palomagrill.com*. Closed Mon. L D SB, $$, WA

Pho Saigon, Bridgeport • ***Vietnamese*** • **EP** The unpretentious, out-of-the-way gem serves up generous portions of authentic, traditional pho. • 1275 Iranistan Ave., Bridgeport, 203-334-8812. Open daily. L D, $

Pho Vietnam • ***Vietnamese*** A family-owned restaurant serving authentic Vietnamese food with fresh produce, choice meats and seafood. • 56 Padanaram Road, Danbury, 203-743-6049 *rivebistro.com*. Open daily. L D, $$, WA

Pink Sumo • ***Sushi*** • **EP** Specializes in world-class sushi and sashimi, using only the freshest seafood and ingredients. • 4 Church Lane, Westport, 203-557-8080 *pinksumoct.com*. Open daily. L D, $$

Positano Ristorante • ***Italian*** This restaurant has been owned and operated by the Scarpati family for more than 15 years. Owner and chef Giuseppe Scarpati was born on the island of Ponza, Italy, and his cuisine focuses on all-natural cooking, with fresh fishes, meats, fruits, vegetables, and aromatic herbs. • 27 Powers Court, Westport, 203-454-4922 *positanosrestaurantwestport.com*. Closed Mon.-Tues. L D SB, $$, E

Redding Roadhouse • ***American*** This cozy, classic-style pub features seafood and meat classics as well as an assortment of artisan cheeses, a good beer list and specialty cocktails. • 406 Redding Road, Redding, 203-938-3388 *thereddingroadhouse.com*. Open daily. L D SB, $$, E, WA

Roberto's • ***Italian*** • **RC** Excellent Italian food with attentive service, plus catering and a full-service banquet facility. • 505 Main St., Monroe, 203-268-5723 *robertosmonroe.com*. Open daily. L (Sun.), D, $$

Sal e Pepe Contemporary Italian Bistro • ***Northern Italian*** • **RC** Offers superb cuisine with a contemporary flair, from fresh pastas and sauces to unique specials and classics with a modern twist. • 97 South Main St., Newtown, 203-426-0805 *salepeperestaurant.com*. Open daily. L D, $$, WA

The Schoolhouse at Cannondale • ***American*** • **EP** With the motto "Fine. Fresh. Simple," the owners seek out the best sources of ingredients and treat them simply and with respect. • 34 Cannon Road, Wilton, 203-834-9816 *schoolhouseatcannondale.com*. Closed Mon. L (Fri., Sat) D (Wed., Fri., Sat.) SB, $$$

Shiki Hana • ***Sushi*** • **EP** This low-key restaurant offers a variety of sushi rolls, hibachi dishes and Japanese bento meals. • 222 Post Road, Fairfield, 203-259-5950 *shikihanafairfield.com*. Open daily. L (Mon.-Sat.) D, $$

The Sitting Duck Tavern • ***American*** • **RC** Neighborhood tavern committed to using regionally and locally grown produce and products. • 3694 Main St., Stratford, 203-873-0871 *sittingducktavern.com*. Open daily. L D LS SB, $$

South End • ***American*** • **EP** South End's food philosophy is a simple one; uncomplicated, seasonal, flavorful food, with an atmosphere that is casual. • 36 Pine St., New Canaan, 203-966-5200 *southendnewcanaan.com*. Open daily. L (Wed.-Sat.), D SB, $$$, E

The Spinning Wheel • ***American*** • **RC** Enjoy a quintessentially New England-inspired menu with seasonal specials, local and homegrown accents, and modern adaptations of traditional comfort dishes. This classic style pub has 12 types of beer on tap, a rum-inspired drink menu and is housed within a newly renovated historic saltbox style house that dates back to 1742. • 109 Black Rock Tpke., Redding, 203-664-4000 *swredding.com*. Open daily. L (Thurs.-Sat.) D, $$$, WA

The Spread • ***American*** • **EP** The owners are industry leaders in culinary deviance and solutions, and are focused on delivering great dining experiences. • 70 N Main St., Norwalk, 203-939-1111 *thespreadsono.com*. Open daily. D SB, $$

Tazza Osteria • ***Italian*** • **EP RC** Try favorites like grilled octopus, hanger steak, meatballs and brick oven pizza in a modern and trendy atmosphere. • 116 Post Road, Fairfield, 203-292-8810 *tazzaosteriabar.com*. Open daily. L (Mon.-Sat.) D, $$

Tequila Mockingbird • ***Mexican*** • **EP** The food here is made with traditional ingredients when possible, including imported chiles. Tequila is taken seriously as well, with bartenders receiving tequila training in Mexico. • 6 Forest St., New Canaan, 203-966-2222 *tequilamockingbirdnc.com*. Open daily. D, $$

Thali • ***Indian*** • **EP RC** The ambiance in each of Chef Prasad Chirnomula's restaurants is unique, but what ultimately distinguishes them is the flavorful food. • 296 Ethan Allen Hwy., Ridgefield, 203-894-1080 *thali-ridgefield.com*. Open daily. L, D, LS (Fri.-Sat.), SB, $$

Toro • ***Sushi*** • **EP RC** Japanese and Asian cuisine with a modern flair and a hibachi chef to provide live entertainment. • 28 Church Hill Road, Newtown, 203-364-0099 *tororestaurantnewtown.com*. Open daily. L D LS (Fri.-Sat.), $$

Valencia Luncheria • ***Latin American*** • **EP RC** Venezuelan cuisine served up in large portions in a bright, relaxed atmosphere. • 164 Main St., Norwalk, 203-846-8009 *valencialuncheria.com*. Open daily. B L D, $$

Vespa • ***Italian*** • **EP** Upscale Italian dining with a frequently changing menu that utilizes local ingredients. • 2 Post Road, Westport, 203-557-9057 *vespawestport.com*. Closed Mon. D (Mon.-Sun.), $$, WA

Wafu Asian Bistro • ***Asian*** • **EP** Upscale dining with a frequently changing menu that utilizes local ingredients. • 3671 Post Road, Southport, 203-254-2288 *wafuasianbistro.com*. Open daily. L D, $

Walrus + Carpenter • ***Barbecue*** • **EP** Sink your teeth into the barbecue offered at this sleek eatery in the Black Rock section of Bridgeport. The customer favorite is the Notorious P.I.G. • 2895 Fairfield Ave., Bridgeport, 203-333-2733 *walruscarpenterct.com*. Open daily. L D, $$, WA

Washington Prime • ***American*** • **EP RC** The land and sea menu has elements of Americana with cross-cultural influences. The restaurant also boasts an impressive beverage program. • 141 Washington St., South Norwalk, 203-857-1314 *washingtonprimect.com*. Open daily. L (Wed.-Sun.) D, $$, WA

The Whelk • ***Seafood*** • **EP** Upmarket, sophisticated seafood with a distinct culinary voice. • 575 Riverside Ave., Westport, 203-557-0902 *thewhelkwestport.com*. Closed Sun.-Mon. L (Tues.-Thurs.), D, $$$

Basso's Cafe • ***Mediterranean*** This fine dining and now full bar establishment revolves around an intimate and authentic expression of Renato's cultural heritage of Mediterranean and Latin American fusion cuisine. • 124 New Canaan Ave., Norwalk, 203-354-6566 *bassobistrocafe.com*. Closed Mon. L D, $$$, E, WA

| Hartford County |

@the Barn • ***American*** This 170-seat, 4,000-square-foot ultra-sleek steakhouse and wine bar features multiple dining areas, steaks, seafood, small plates and a wine list selected by a certified sommelier, as well as a wide array of martinis, specialty cocktails and craft beers. • 17R E. Granby Road, Granby, 860-413-3888 *atthebarngranby.com*. Closed Mon. L D (Tues.-Sun.) , $$, WA

Àvert Brasserie • ***French*** • **EP** Owned by two chefs who in recent years have been making the Connecticut foodie world sit up and take notice, this restaurant offers beautiful food combined with imagination, perfectionism and zest. • 35 LaSalle Road, West Hartford, 860-904-6240 *avertbrasserie.com*. Open daily. L D, LS, $$, WA

Barcelona Restaurant & Wine Bar • ***Spanish Mediterranean*** • **EP** Barcelona's newest location in a popular line of hip, European-style restaurants. • 971 Farmington Ave., West Hartford, 860-218-2100 *barcelonawinebar.com*. Open daily. L (Mon.-Sat.) D LS, $$, E, WA

Bear's Smokehouse Barbecue • ***Barbecue*** • **EP** Let your inner bear roar at these finger-lickin' good Kansas City-style barbecue joints owned by competitive eating champion Jamie McDonald. • 89 Arch St., Hartford, 860-724-3100; 2152 Poquonock Ave.,Windsor, 860-999-3834 *bearsbbq.com*. Open daily. L D, $$, WA

Besito • ***Mexican*** • **EP** Besito (in English, "little kiss") offers up authentic Mexican food and over 60 world-class tequilas in an atmosphere of old, rustic Mexico. • 46 South Main St., West Hartford, 860-233-2500 *besitomexican.com*. Open daily. L D LS, $$

Bricco Trattoria • ***Italian*** • **EP** Creates the feel of an Italian farm house or vineyard home, with simple, fresh and delicious food and time-honored recipes. • 124 Hebron Ave., Glastonbury, 860-659-0220 *billygrant.com*. Open daily. L (Mon.-Sat.) D, $$$

Carbone's Kitchen • ***Italian*** Established in 2012, this casual-dining little brother to Carbone's Ristorante uses fresh and local ingredients to prepare old-school Italian classics. • 6 Wintonbury Mall, Bloomfield, 860-904-2111 *carboneskitchen.com*. Open daily. L (Mon.-Fri.) D, $$, WA

Carbone's Ristorante • ***Italian*** • **EP** This old-school, fine-dining Italian restaurant was established in 1938 and has survived as long as it has for a reason. Dishes include lobster risotto, grilled veal chop and eggplant, chicken and veal parmigiano. • 588 Franklin Ave., Hartford, 860-296-9646 *carbonesct.com*. Closed Sun. L (Mon.-Fri.) D, $$$, WA

Confetti • ***Italian*** • **EP** Offers Italian-American cuisine with a celebratory vibe. Also caters and operates the Big Red Truck food truck. • 393 Farmington Ave., Plainville, 860-793-8809 *idineconfetti.com*. Closed Mon. & Tues. D (Wed.-Sun.) SB, $$

Costa del Sol • ***Steak*** • **EP** Incorporates the old and the new, breathing life into a cuisine rich in unique Spanish heritage. • 901 Wethersfield Ave., Hartford, 860-296-1714 *costadelsolhartford.com*. Closed Mon. L (Tues.-Fri.) D, $$$

Feng Asian Bistro • ***Asian*** • **EP** Features a broad range of elegant Southeast Asian dishes spanning the Pacific Rim, with a fusion of East and West in every plate. • 93 Asylum St., Hartford, 860-549-3364 *fengrestaurant.com/feng-hartford*. Closed Sun. L D LS, $$$

Firebox • ***New American*** • **EP** Firebox boasts a seasonal, Connecticut farm-inspired menu including seared Stonington scallops and Connecticut farm-raised lamb. • 539 Broad St., Hartford, 860-246-1222 *fireboxrestaurant.com*. Open daily. L (Mon.-Fri.) D, $$, E, WA

Fleming's Prime Steakhouse & Wine Bar • ***American*** • **EP** Premier destination for prime meats and chops, fresh fish and poultry, with a sophisticated wine list. • Blue Back Square, 44 South Main St., West Hartford, 860-676-WINE *flemingssteakhouse.com*. Open daily. D, $$, WA

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous white clam pizza is the standout, any pie here is worth the wait. • 1148 New Britain Ave., West Hartford, 860-236-7373; 221 Buckland Hills Drive, Manchester, 860-644-7333 *pepespizzeria.com*. Open daily. L (Mon.-Fri.) D, $, WA

J. Gilbert's • ***Steak*** • **EP** Quality ingredients and honest food, like prime wood-fired steaks and seafood, in a luxe, yet warm, atmosphere. • 185 Glastonbury Blvd., Glastonbury, 860-659-0409 *jgilberts.com*. Open daily. D, $$$

Majorca • ***Spanish*** • **EP** Named for a Spanish island in the Mediterranean Sea, this modern Hartford restaurant offers tapas and well-prepared dishes like duck confit. • 2074 Park St., Hartford, 860-231-1003 *majorcact.com*. Open daily. L (Thurs.-Sun.) D, $$, WA

Max Downtown • ***American*** • **EP** Features global cuisine, chophouse classics, a fine wine list and lighter fare in the tavern. *Wine Spectator* Award of Excellence. • 185 Asylum St., Hartford, 860-522-2530 *maxrestaurantgroup.com*. Open daily. L (Mon.-Fri.) D LS, $$$, WA

Max Fish • ***Seafood*** Lively, upscale fish house serving a daily selection of fresh seafood and great steaks. The Shark Bar is more casual, offering lighter fare and Max classics in an up-tempo environment. • 110 Glastonbury Blvd., Glastonbury, 860-652-3474 *maxfishct.com*. Open daily. L (Mon.-Sat.) D LS, $$

Max's Oyster Bar • ***Seafood*** • **EP** Modern renditions of classic American seafood in an atmosphere reminiscent of a big-city oyster bar. • 964 Farmington Ave., West Hartford, 860-236-6299 *maxrestaurantgroup.com/oyster*. Open daily. L, D, LS (Sat.), $$$

Metro Bis • ***American*** • **EP** It has a lovely new home at Simsbury 1820 House, but the focus hasn't changed — classically grounded innovation, seasonally oriented and ever open to a playful riff or two. • 731 Hopmeadow St., Simsbury, 860-651-1908 *metrobis.com*. Closed Sun. L D, $$, WA

Millwright's Restaurant • ***American*** • **EP** Tyler Anderson dazzled us for years at The Copper Beech Inn. Now, he's wowing all comers at this sparkling restaurant. • 77 West St., Simsbury, 860-651-5500 *millwrightsrestaurant.com*. Closed Mon.-Tues. D, $$$, WA

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Monte Alban • ***Mexican*** • **EP** Low-key spot for Mexican staples like tacos, burritos and enchiladas, plus breakfast and outdoor tables. • 531 Farmington Ave., Hartford, 860-523-7243 *montealbanhartford.com* . Open daily. B L D SB, $

Murasaki • ***Sushi*** • **EP** Well known for its outstanding sushi and sashimi creations, Murasaki also offers a selection of American foods served in the Japanese style. • 23 LaSalle Road, West Hartford, 860- 236-7622 *murasakijapaneserestaurant.com*. Closed Mon. L (Tues.-Sat.), D, $$

ON20 • ***Contemporary French / American*** • **EP** Savor panoramic city views and sophisticated atmosphere along with sumptuous seasonal cuisine. • 400 Columbus Blvd., 20th Floor, Hartford, 860-722-5161 *ontwenty.com*. L (Mon.-Fri.) D (Wed.-Sat.) L D, $$$, E

Pho 501 • ***Asian*** • **EP** Dedicated to keeping it simple, with the best soups and authentic Vietnamese family recipes. • 501 Main St., East Hartford, 860-569-3700 *pho.com/east-hartford-ct/pho-501*. Closed Mon. L D, $

Plan B Burger Bar • ***Burgers*** • **RC** Gourmet burgers and a wide selection of beers and bourbons. • 120 Hebron Ave. #6, Glastonbury, 860-430-9737 *planbburger.com*. Open daily. L D LS, $, WA

Republic • ***Gastropub*** • **EP** Handcrafted beers, boutique wines and small-batch bourbons are offered at this high-end pub. • 39 Jerome Ave., Bloomfield, 860-216-5852 *republicct.com*. Open daily. L (Mon.-Fri.) D LS, $$

Restaurant Bricco • ***Italian*** • **EP** Every dish is crafted from scratch, holding true to the essentials of Sunday dinner. • 78 Lasalle Road, West Hartford, 860-233-0220 *billygrant.com*. Open daily. L (Mon.-Sat.) D, $$$

Ruth's Chris Steakhouse • ***Steak*** Billed as "the steak that speaks for itself" the steaks served here are USDA Prime. In addition, the restaurant utilizes locally sourced produce in its recipes. • 2513 Berlin Tpke., Newington, 860-666-2202 *ruthschris.com*. Open daily. L (Sun.) D, $$$, WA

Sayulita • ***Mexican*** • **EP** Named for a Mexican fishing village, this restaurant has a party vibe and uses top-of-the-line ingredients. Specialties include a variety of tacos and Ceviche de Playa. • 865 Maine St., Glastonbury, 860-430-9941 *cantinasayulita.com*. Open daily. D, L (Sat.-Sun.), $$, WA

Smokin' with Chris • ***Barbecue*** • **EP** Specializes in barbecue and other smoked meats, but also offers specialty salads, seafood and vegetarian dishes. • Southington, 860-620-9133 *smokinwithchris.com*. Closed Mon. L D, $$, E

Staropolska • ***Polish*** • **EP** Authentic homemade Polish cuisine prepared fresh daily and an in-house bar. • 252 Broad St., New Britain, 860-612-1711 *staropolska.net*. Closed Mon. L D, $$

Sushi Red • ***Sushi*** • **EP** Offers up delicious, fresh, hand-crafted sushi in a quiet, intimate setting. • 450 East St., Plainville, 860-410-1829. Closed Sun. L D, $

Treva • ***Italian*** • **EP** Cuisine is inspired from central and upper Italy, with seasonal varieties and unique nightly specials. • 980 Farmington Ave., West Hartford, 860-232-0407 *trevact.com*. Open daily. L, D, LS (Fri.-Sat.), $$

Trumbull Kitchen • ***American*** "Global comfort food" is served at communal tables at this sophisticated city brasserie. *Wine Spectator* Award of Excellence. • 150 Trumbull St., Hartford, 860-493-7417 *maxrestaurantgroup.com*. Open daily. L (Mon.-Sat.) D LS, $$, E

Vinted Wine Bar & Kitchen • ***Tapas*** This exciting restaurant in Blue Back Square serves 68 wines by the glass along with an ambitious small-plates menu. • 63 Memorial Road, West Hartford, 860-206-4648 *vintedwinebar.com*. Open daily. D, $$, WA

The Willows • ***American*** • **EP** A suave boîte in the DoubleTree Hotel helmed by star chef Leo Bushey III. On the menu: vanilla-poached lobster, pot-au-feu and pork tenderloin roulade with sun-dried fruit. • 42 Century Drive, Bristol, 860-589-7766 *doubletree-bristol.com*. Open daily 5 to 10. D, $$$, WA

| Litchfield County |

Arethusa al Tavolo • ***New American*** • **EP** This high-flying, country restaurant serves sparkling dishes like butter-poached halibut with crab paella, rack of lamb and a glorious reinvention of Peking duck. • 828 Bantam Road, Bantam, 860-567-0043 *arethusaaltavolo.com*. Open Thurs.-Sun. D, $$$, WA

Community Table • ***American*** • **EP** Chef Joel Viehland offers a seasonal menu using only ingredients grown, raised or foraged within a 200-mile radius. • 223 Litchfield Tpke., Washington, 860-868-9354 *communitytablect.com*. Closed Tues.-Wed. D SB, $$, WA

The Cookhouse • ***Barbecue*** • **EP** "Slo-smoked" baby-back ribs and pulled pork are the name of the game here. • 31 Danbury Road (Route 7), New Milford, 860-355-4111 *thecookhouse.com*. Open daily. L D, $$, WA

Falls Village Inn • ***American*** • **EP** Enjoy a menu that acknowledges a desire for Classic American comfort fare – think fresh-caught seafood and locally grown produce – that changes seasonally. • 33 Railroad St., Falls Village, 860-824-0033 *thefallsvillageinn.com*. Open daily (Closed Mon.-Tues. during winter). L (Sat.), D, SB, $$

The Hopkins Inn • ***Austrian/American*** • **EP** A country inn with an Old World atmosphere known for wiener schnitzel, backhendl and fresh-caught trout. • 22 Hopkins Road, Warren, 860-868-7295. Closed Mon. B L (Tues.-Sat.) D, $$$

Mountainside Café • ***Farm to Table*** Modern rustic cafe offers up a fresh approach to American classics, such as the Country Burger and the Johnny Cash Skillet, in a warm and casual atmosphere. • 251 Route 7 South, Falls Village, 860-824-7876 *mountainside.com/cafe*. Open daily. B L D SB, $, WA

The Restaurant at Winvian Farm • ***French*** • **EP** Chef Chris Eddy constantly changes the menu, using simple and seasonal ingredients accented with unusual and fresh findings. • 155 Alain White Road, Morris, 860-567-9600 *winvian.com*. Closed Mon.-Tues. L D, $$$, WA

RSVP • ***French*** • **EP** A "special concept" French restaurant, RSVP offers carefully selected five-course prix fixe meal. Alcohol is BYOB only, and dinner is by reservation only. • 7 Railroad St., West Cornwall, 860-672-7787 *rsvp-restaurant.com*. Open Fri-Sun. D, $$$

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Upper Crust Trattoria • ***Italian*** • **EP** Northern Italian cuisine in the warm atmosphere of a Tuscan-style farm house. • 373 Litchfield Road, New Milford, 860-350-0006 *theuppercrustcucina.com*. Open daily. L D, $$

West Street Grill • ***New American*** • **EP** An innovative restaurant with a star-studded clientele and menu to match. Serves wild fish, handmade pasta and organic salads. *Wine Spectator* Award of Excellence. • 43 West St., Litchfield, 860-567-3885 *weststreetgrill.com*. Open daily. L D SB, $$$, R (on weekends), WA

The White Hart • ***Farm to Table*** • **EP** High-quality cuisine made from an A-list of farm sources served in a rustic, recently remodeled historic country inn dating to 1805. • 15 Under Mountain Road, Salisbury, 860-435-0030 *whitehartinn.com*. Open daily. L D SB, $$, WA

The White Horse Country Pub • ***American*** • **EP** Serves American pub favorites like burgers, ribs and seafood bake, along with some English ones — shepherd's pie, fish-and-chips and bangers and mash. Outdoor dining in warmer months provides a delightful experience. • 258 New Milford Tpke., Washington, 860-868-1496 *whitehorse-countrypub.com*. Open daily. L D SB, $$, WA

Winvian • ***American*** • **EP** Simplicity and indulgence converge with fresh and spontaneous farm-to-table menus and an ecclectic wine selection. Reservations are required. • 155 Alain White Road, Morris, 860-567-9600 *winvian.com*. Closed Tues. L (Sat.-Sun.), D (Wed.-Mon.), $$$

Yokohama • ***Japanese*** • **EP** Delicious tempura and teriyaki dishes, plus sushi and sashimi is served at this beloved New Milford restaurant. • 131 Danbury Road, New Milford, 860-355-0556 *yokohama-sushi.net*. Open daily. L D, $$, WA

Middlesex County

Angelico's Lake House • ***American*** Overlooking Lake Pocotopaug, Angelico's features great outside dining and a tiki hut. Try the spinach risotto, roast prime rib, stuffed salmon or lobster ravioli with sautéed shrimp. • 81 North Main St., East Hampton, 860-267-1276 *angelicoslakehouse.com*. Open daily. L D LS SB, $$, E, WA

Baci Grill • ***Modern Italian*** Try house specialties like grilled mango-and-chipotle pork loin, chicken sausage and broccoli rabe pasta, Guinness skirt steak and scallop risotto at this casual, trendy restaurant. • 134 Berlin Road, Cromwell, 860-613-2224 *bacigrill.com*. Open daily. L D LS, $$, E, WA

The Blue Oar • ***Seafood*** • **EP** Open seasonally, with open-air dining and fresh-catch entrees. BYOB; cash only. • 16 Snyder Road, Haddam, 860-345-2994 *blueoarct.wix.com*. Open daily, Mother's Day weekend-Labor Day; Thurs.-Sun., Labor Day-end of Sept. L D, $$

Chester's Barbecue • ***Barbecue*** Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 10 West Main St., Clinton, 860-669-6868 *chestersbbq.com*. Open daily. L D, $$

Cuckoo's Nest • ***Mexican*** • **RC** Housed in a 200-year-old barn, Cuckoo's Nest has been serving nachos, fajitas, Cajun shrimp and scallops for more than 35 years. • 1712 Post Road, Old Saybrook, 860-399-9060 *cuckoosnest.biz*. Open daily. L D SB, $$, E, WA

Eli Cannon's • ***Beer Bar*** • **EP** The Connecticut innovator of the modern beer bar, Eli Cannon's has been pouring sought-after brews since long before it was a trendy business model. Food favorites here include the famous nachos, chicken wings (there's 20 custom sauces), the classic cannon burger and the blackened chicken wrap. • 695 Main St., Middletown, 860-347-3547 *elicannons.com*. Closed Mon. L (Fri.-Sun.) D LS, $$, WA

Fresh Salt • ***American*** • **EP** Drink in the glorious water view while savoring cioppino, merlot-braised short ribs, osso buco and Block Island swordfish. • 2 Bridge St., Old Saybrook, 860-395-2000 *saybrook.com*. Open daily. B L (Mon.-Sat.) D SB, $$$, E, WA

The Griswold Inn • ***American*** The beloved 1776 "Gris" features classic New England cuisine in the dining room, small plates and 50 wines by the glass in the wine bar, and a lively taproom. *Wine Spectator* Award of Excellence. • 36 Main St., Essex, 860-767-1776 *griswoldinn.com*. Open daily. L D SB, $$$, E, WA

openings

A monthly look at some of what's new and exciting on the Connecticut dining scene

Tawa Indian Cuisine, Stamford • This popular restaurant has operated on Summer Street in Stamford since 2010 but recently moved to a larger, more versatile space not far away on Glenbrook Road. Chef Kausik Roy will continue to offer the restaurant's signature, home-style Indian cuisine. *203-359-8977, tawaonline.com*

Fire at the Ridge, Middlefield • The new restaurant at Powder Ridge Ski Area has a kitchen headed by Connecticut chef Kevin Cottle, a veteran of the hit show Hell's Kitchen. Cottle's New American menu features regional cuisine. *860-852-5444, fireattheridge.com*

Dattilo Fine Italian, Westbrook • Formerly the Restaurant at Water's Edge, this fine-dining establishment was reopened and rebranded in the fall. The food is fresh, creative and has flavors inspired by old-world Italy. It also offers spectacular waterside views. *860-399-5901, watersedgeresortandspa.com*

Cake by Franck, Mashantucket • In March, Foxwoods Resort Casino welcomed this gourmet pastry cafe by master pastry chef Franck Iglesias, who was recently named a 2016 Top Pastry Chef by Dessert Professional magazine. *foxwoods.com*

Four Corners, Torrington • Opened toward the end of last year, Torrington's first true Indian eatery quickly drew rave reviews on Yelp.com for its straightforward, no frills take on classic Indian cuisine. *860-618-5122*

Know of a new Connecticut restaurant? Email Erik Ofgang at eofgang@connecticutmag.com

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Iguanas Ranas Taqueria • ***Mexican*** • **EP** Affordable, fresh and authentic Mexican food served fresh and with home-style taste. • 484 Main St., Middletown, 860-346-8630 *iguanasranastaqueriact.com*. Closed Sun. L D, $

La Foresta • ***Italian*** • **RC** This big and beautiful ristorante serves garden-fresh, ingredient-driven fine Northern Italian cuisine. It also has a VIP wine cellar and one of the state's best wine selections. • 163 Route 81, Killingworth, 860-663-1155 *laforestarestaurant.com*. Open daily. D, $$, WA

Lenny & Joe's Fish Tale • ***Seafood*** This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 86 Boston Post Road, Westbrook, 860-669-0767 *ljfishtale.com*. Open daily. L D, $$, WA

Luigi's • ***Italian*** Enjoy classic Italian favorites like seafood cannelloni, chicken leonardo, veal parmigiana, whole clams, prime rib and other dishes. • 1295 Boston Post Road, Old Saybrook, 860-388-9190 *luigis-restaurant.com*. Closed Mon. (except in July and Aug.). D, $$, WA

Mondo Restaurant • ***Pizza*** This casual, family-owned restaurant specializes in brick-oven, New York-style thin crust pizza. There is also a beer and wine bar. • 10 Main St., Middletown, 860-343-3300 *mondomiddletown.com*. Open daily L D, $$, WA

Puerto Vallarta • ***Mexican*** • **RC** Authentic, traditional Mexican cuisine is prepared fresh daily – sometimes even at your table – mixing time-honored recipes with innovative culinary techniques. • 200 Main Metro Square, Middletown, 860-852-0080 *puertovallartausa.com*. Open daily. L D, $$

River Tavern • ***American*** • **EP** Farm-to-table pioneer Jonathan Rapp wears top toque at this town fixture. On the menu: made-to-order guacamole, grilled Stonington swordfish, New York strip. • 23 Main St., Chester, 860-526-9417 *rivertavernrestaruant.com*. Open daily. L D, $$

| New Haven County |

116 Crown • ***American Tapas / Small Plates*** • **EP** Dine on sliders, pizzettes and charcuterie and cheese in a loungelike atmosphere — along with exciting and creative house cocktails. • 116 Crown St., New Haven, 203-777-3116 *116crown.com*. Closed Mon. D LS, $$, E, WA

Adriana's • ***Italian*** • **EP** Old-fashioned Italian fare, served up in generous portions. • 771 Grand Ave., New Haven, 203-865-6474 *adrianasnewhaven.com*. Open daily. L (Mon.-Fri.), D, LS (Fri.-Sat.), $$, WA

Baja's • ***Mexican*** • **EP** Casual, authentic Mexican food. • 63 Boston Post Road, Orange, 203-799-2252. Open daily. L D, $$, WA

Barcelona Restaurant & Wine Bar • ***Spanish Mediterranean*** • **EP** Hip restaurant serving Spanish and Mediterranean cuisine — including tapas, hot and cold. *Wine Spectator* Award of Excellence. • 155 Temple St., New Haven, 203-848-3000 *barcelonawinebar.com*. Open daily. L D LS, $$, WA

Bin 100 • ***Mediterranean*** Feast on delicious Mediterranean cuisine elegantly served in a spacious dining room. • 100 Lansdale Ave., Milford, 203-882-1400 *bin100restaurant.com*. Open daily. D SB, $$, E, WA

Bistro Mediterranean • ***Mediterranean*** • **RC** This casual and relaxed restaurant has Spanish and Mediterranean influences and offers a variety of beloved dishes including scallops parrilla, paella and brussels sprout salad. • 383 Main St., East Haven, 203-467-2500 *bistromediterraneanandtapasbar.com*. Open daily. L D, $$, WA

Ceviche • ***Latin Fusion*** • **EP** Several styles of ceviche are offered here. In addition, the place features a variety of sizzling Latin dishes, cocktails and 30 types of tapas. Try the Granada Mojito, which features pomegranate flavors. • 530 Middlebury Road, Middlebury, 203-527-7634 *cevichelatinkitchen.com*. Closed Mon. L (Wed.-Thurs.) D LS, $$, WA

Chaat House • ***Indian*** • **EP** The inspired, creative and scrumptious menu is full of healthy, delicious, all-vegetarian dishes. • 315 York St, West Haven, 203-934-9676 *indianasiangroceries.org*. Closed Mon. L D, $

Chip's Family Restaurant • ***American*** • **RC** Famous for its perfect pancakes, Chip's also has a creative lunch and dinner menu, and guests are welcome to BYOB. • 321 Boston Post Road, Orange, 203-795-5065 *chipsrestaurants.com*. Open daily. B L D, $

Claire's Corner Copia • ***Vegetarian*** • **EP RC** Café-style spot offering globe-trotting dishes like organic-mushroom crêpes, Bengal curry, Irish breakfast and Lithuanian coffee cake. • 1000 Chapel St., New Haven, 203-562-3888 *clairescornercopia.com*. Open daily. B L D SB, $, WA

Consiglio's Restaurant • ***Classic Italian*** Family-owned and -run for more than 70 years, Consiglio's is known for classic home-style favorites like homemade cavatelli and braciole, eggplant rollatini and lasagna. • 165 Wooster St., New Haven, 203-865-4489 *consiglios.com*. Open daily. L (Tues.-Fri., Sun.) D, $$

Coromandel Cuisine of India • ***Indian*** • **EP** Wide range of tasty Indian fare is served in a small, tastefully done space. • 185 Boston Post Road, Orange, 203-795-9055 *coromandelcuisine.com*. Open daily. L D SB, $$, WA

Dino's Seafood • ***Seafood*** This family-run favorite of local North Haven diners for more than four decades prides itself on serving high-quality seafood with the taste of love and joy in every order. Customer favorites include strip clams, fritters, lobster rolls, and top-split hot dogs accompanied with a local craft beer. • 540 Washington Ave., North Haven, 203-239-5548 *dinosseafood.com*. Closed Mon. L D, $, WA

Elm City Social • ***American*** • **EP** Features creative and upscale pub-friendly fare in a visually impressive setting. There is also an assortment of excellent cocktails offered. • 286 College St., New Haven, 475-441-7436 *elmcitysocial.com*. Open daily. L D, LS, $$, WA

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous white clam pizza is the standout, just about any pie here is worth the wait. • 157 Wooster St., New Haven, 203-865-5762 *pepespizzeria.com*. Open daily. L (Mon.-Fri.) D, $, WA

G-Zen • ***Vegetarian*** • **EP** Focused on green business ethics, G-Zen offers up locally sourced vegetarian, vegan, organic and sustainable cuisine. • 2 E. Main St., Branford, 203-208-0443 *g-zen.com*. Closed Sun.-Mon. L (Sat.), D, $$, E

Geronimo Tequila Bar & Southwest Grill • ***Southwestern Fusion*** • **EP** Mix of traditional Native American, Mexican, Spanish and Anglo-American fare, with bold flavors and authentic ingredients. • 271 Crown St., New Haven, 203-777-7700 *geronimobarandgrill.com*. Open daily. L (Mon.-Sat.) D, $$

Goodfellas Restaurant • ***Italian*** • **EP RC** The extensive menu is a veritable Best Hits of Italy, featuring pastas and gnocchi, pork chop Milanese, steak pizzaiola, veal saltimbocca and the chef's signature filet cognac. • 702 State St., New Haven, 203-785-8722 *goodfellasrestaurant.com*. Open daily. L D, $$, WA

Heirloom • ***Modern Continental*** • **EP** Chef Carey Savona serves dishes like crab cakes with fennel and vermouth butter and herbed gnocchi with rapini and tomatoes. • The Study at Yale, 1157 Chapel St., New Haven, 203-503-3919 *studyhotels.com*. Open daily. B L (Mon.-Sat.) D SB, $$, WA

Home • ***American*** Whether in the main "dining room" or the "living room" lounge, Home offers up locally sourced food and a wide selection of regional craft brews to make its guests feel comfortable and comforted. • 1114 Main St., Branford, 203-483-5896 *www.homerestaurantct.com*. Closed Mon. L D, $$, E

Ibiza Tapas • ***Tapas*** • **EP** Enjoy a taste of Spain with a wide variety of either hot or cold tapas and an extensive wine bar, in either the vibrantly colored dining area or outdoor patio. • 1832 Dixwell Ave., Hamden, 203-909-6512 *ibizatapaswinebar.com*. Closed Mon. D, LS (Fri.-Sat.), $, WA

L'Orcio • ***Contemporary Italian*** • **EP** This upscale contemporary restaurant features an outdoor patio and a menu of house-made pastas, grilled whole fish and steaks with seasonal cuisine. • 806 State St., New Haven, 203-777-6670 *lorcio.com*. Closed Mon. L (Fri.) D, $$

Lao Sze Chuan • ***Asian*** • **EP** In Chinese, Lao means "old, authentic, traditional," and that's the restaurant's goal: to provide authentic Chinese cuisine at a reasonable price. • 1585 Boston Post Road, Milford, 203-783-0558 *tonygourmetgroup.com*. Open daily. L D, $

Lenny & Joe's Fish Tale • ***Seafood*** • **EP RC** This Connecticut institution serves all manner of fresh seafood, from hot lobster rolls to baked stuffed shrimp to fried whole-belly clams. • 501 Long Wharf Drive, New Haven, 203-691-6619; 1301 Boston Post Road, Madison, 203-245-7289 *ljfishtale.com*. Open daily. L D, $$, WA

Mamoun's • ***Middle Eastern*** • **RC** Authentic Middle Eastern cuisine, made from scratch using fresh, natural ingredients, fine imported spices and signature recipes, served in a traditional environment. • 85 Howe St., New Haven, 203-562-8444 *mamouns.com*. Open daily. L D LS, $, WA

Miya's • ***Sushi*** • **EP** Sushi restaurant like no other, thanks to chef Bun Lai's unique creations. • 68 Howe St., New Haven, 203-777-9760 *miyassushi.com*. Closed Sun.-Mon. L D, $$$, WA

Olea • ***Spanish*** • **EP** World-class, full-service Spanish restaurant, with a fun tapas bar. • 39 High St., New Haven, 203-780-8925 *oleanewhaven.com*. Closed Sun. D, $$$, WA

Park Central Tavern • ***American*** The dynamic weekly menu showcases signature entrées and classic favorites made with fresh New England ingredients. • 1640 Whitney Ave., Hamden, 203-287-8887 *parkcentraltavern.com*. Open daily. L D, $, WA

Ristorante Luce • ***Classic Italian*** Enjoy the double-cut veal chops, pane cotto, risotto pescatore and daily fish specials. Extensive wine list. • 2987 Whitney Ave., Hamden, 203-407-8000 *ristoranteluce.net*. Open daily. L (Mon.-Fri.) D, $$

Señor Pancho's • ***Mexican*** Festive spot serving up terrific fresh salsa and margaritas to go with mole poblano, steak ranchero and fajitas. • 280 Cheshire Road, Prospect, 203-758-7788; 385 Main St. S., Southbury, 203-262-6988 *senorpanchos.com*. Open daily. L D SB, $, E, WA

Shell & Bones Oyster Bar & Grill • ***Seafood*** • **EP** This waterside restaurant features the celebrated creations of executive chef Arturo Franco-Camacho whose specialties include steak and seafood. • 100 South Water St., New Haven, 203-787-3466 *shellandbones.com*. Open daily. D L (Sat.-Sun.), $$$

Soul de Cuba • ***Afro-Cuban*** • **EP** The Soul de Cuba Cafe concept is rooted in the idea of promoting and preserving Afro-Cuban culture through sharing traditional Cuban and African food and art. • 283 Crown St., New Haven, 203-498-2822 *souldecuba.com*. Open daily. L D SB, $$

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Stowe's • ***Seafood*** • **EP** This classic seafood shack has a simple menu of fresh fish, fried New England style, plus perfect lobster rolls, all served in paper boats. • 347 Beach St., West Haven, 203-934-1991 *stowesseafood.com*. Open daily. L D, $$

Thali / Thali Too • ***Indian*** • **EP** Each location is chic, exotic and fun, but what ultimately distinguishes them is the flavorful food. • 4 Orange St., New Haven, 203-777-1177; 65 Broadway, New Haven, 203-776-1600 *thali.com*. Open daily. L, D, LS (Fri.-Sat.), SB, $$

Tikkaway Grill • ***Indian*** • **EP** Build your own wrap or rice bowl by choosing your base and one of Tikkaway's signature sauces. Vegen options available. • 135 Orange St., New Haven, 203-562-1299; 2 Howe St., New Haven, 203-624-1299 *tikkawaygrill.com*. Open daily (Orange St.); Mon.-Fri. (Howe St.) L D, $

Turkish Kebab House • ***Turkish*** • **EP** Offers a range of Turkish fare, with seafood and vegetarian options available. • 1157 Campbell Ave., West Haven, 203-933-0002 *turkishkebaphouse.com*. Open daily. L D LS, $$

Union League Cafe • ***French*** • **EP RC** Designed to capture the conviviality and old-world charm of a Parisian brasserie — less formal, more lively, unpressured but with attention to memorable food, wine and service. • 1032 Chapel St., New Haven, 203-562-4299 *unionleaguecafe.com*. Closed Sun. L (Mon.-Fri.), D, $$$

Viron Rando's Osteria • ***Italian*** • **EP** The seasonal menu includes well-known and loved Italian classics as well as new dishes, using local, sustainable and organic ingredients. • 1721 Highland Ave, Cheshire, 203-439-2727 *vironrondoosteria.com*. Open daily. L D LS, $$

Zinc • ***American*** • **EP** Their modern interpretation of "American Food" is local market-inspired and globally infused with a focus on sustainable food, offering a dining experience fit for even the most enthusiastic of foodies. • 964 Chapel St., New Haven, 203-624-0507 *zincfood.com*. Closed Sun. L (Tues.-Fri.) D, $$$

| New London County |

The Bayou Smokehouse • ***Barbecue*** • **RC** Dine-in and take-out restaurant that features the unique tastes of homemade Southern-style barbecue. Soups are made from scratch, salads are fresh to order and microwaves do not exist. • 214 CT-12, Groton, 860-440-8776 *thebayousmokehouse.com*. Closed Mon. L D, $

Bleu Squid • ***American*** A bakery and cheese shop serving 30 cheeses and 40 different cupcakes. Also serves up grilled cheese sandwiches to go, freshly made and to order, including the best-selling lobster grilled cheese. • 27 Coogan Blvd., Mystic, 860-536-6343 *dessertsmysticct.com*. Open daily. L, $, WA

The Captain Daniel Packer Inne • ***American*** This 1754 whaler's inn features a view of the Mystic River along with dishes like lemon pepper chicken, filet mignon and salmon • 32 Water St., Mystic, 860-536-3555 *danielpacker.com*. Open daily. L D, $$$, WA

Chester's Barbecue • ***Barbecue*** • **EP RC** Mouthwatering, slow-cooked barbecue is the name of the game here. Choose from BBQ favorites like smoked ribs, chicken, brisket and burnt ends. • 943 Poquonnock Road, Groton, 860-449-6868 *chestersbbq.com*. Open daily. L D, $$

David Burke Prime • ***American*** • **EP** An updated steakhouse menu with dry-aged beef, as well as terrific pork, chicken and seafood specialties. The steak served here is truly a cut above. • Foxwoods Resort Casino, Mashantucket, 860-312-8753 *davidburke-prime.com*. Open daily. L D SB, $$$

Flanders Fish Market & Restaurant • ***Seafood*** Flanders excels at lobster bisque, fish-and-chips and broiled seafood. Known for its bountiful Sunday buffet, fresh seafood market and New England clambakes. • 22 Chesterfield Road, East Lyme, 860-739-8866 *flandersfish.com*. Open daily. L D SB, $$, WA

Frank Pepe Pizzeria Napoletana • ***Pizza*** While world-famous clam pizza is the standout, many others are also worth the wait. This expanding pizza empire continues to set the standard for Connecticut pies. • Mohegan Sun, Uncasville, 860-862-8888 *pepespizzeria.com*. Open daily. L (Mon.-Fri.) D, $, WA

Frank's Gourmet Grille • ***American*** • **EP RC** In 2011, much to the dismay of local food fans, the original Frank's Gourmet Grille closed after nearly a decade in East Lyme. In 2015, the American restaurant made a triumphant return, this time in Mystic. • 56 Whitehall Ave., Mystic, 860-415-4666 *franksgourmetgrilleinmystic.com*. Open Tues.-Sun. L D, $$

Gaspar's Restaurant • ***New American Cuisine*** • **EP** Enjoy award-winning lobster bisque, sushi rolls and other sea-to-table delicacies made from fresh seafood. Ambience is old-school classy with white tablecloths, red roses and candlelight. There are also excellent grass-fed beef options • 385 Bank St., New London, 860-440-3663 *gasparsnewlondon.com*. Open daily. L D SB, $$, WA

Harbour House Restaurant and Bar • ***Seafood*** • **EP RC** Sample ahi tuna tacos, lobster, grilled swordfish and other seafood favorites in a casually elegant and comfortable setting with stunning water views. • 3 Williams Ave., Mystic, 860-536-8144 *harbourhousect.com*. Open daily. L (Mon.-Fri.) D, $$, E, WA

Kensington's at The Spa at Norwich Inn • ***American*** A first-class restaurant serving gourmet food with an emphasis on natural meats, fresh, locally sourced produce and healthy preparations. • 607 West Thames St., Norwich, 860-425-3630 *thespaatnorwichinn.com*. Open daily. B L D SB, $$$, E, WA

Michael Jordan's Steak House • ***American*** • **EP** USDA prime steaks, chops and fresh seafood paired with an extensive wine list. • Mohegan Sun, Uncasville, 860-862-8600 *michaeljordansteakhouse.com*. Open daily. D, $$$

The Old Lyme Inn • ***American*** • **EP** The Inn's restaurant and bar features a locally sourced menu with a modern twist on traditional dishes. • 85 Lyme St., Old Lyme, 860-434-2600 *oldlymeinn.com*. Open daily. L D, $$$, WA

The Oyster Club • ***American*** • **EP** This popular place showcases food that travels the shortest distance from farm and sea to table, with seasonality and location determining the day's dishes. • 13 Water St., Mystic, 860-415-9266 *oysterclubct.com*. Closed Tues. L (Sat.) D SB, $$, WA

The Pita Spot • ***Middle Eastern*** • **RC** Serving Lebanese and Mediterranean food – fresh, artfully seasoned and cooked to perfection. • 45 Williams Ave., Mystic, 860-415-4656 *thepitaspot.com*. Closed Mon. L D, $

Red 36 • ***American*** • **EP** It's all about the sea at this waterside hotspot that offers delicious dinner with a great view. • 2 Washington St., Mystic, 860-536-3604 *red36ct.com*. Closed Mon. L D, $$

S&P Oyster Co. • ***Seafood*** • **EP RC** Serving traditional New England seafood with a South American flair. Enjoy oysters on the half shell, PEI mussels, fresh cuts of fish and Creekstone Farms steaks grilled over hardwoods. • 1 Holmes St., Mystic, 860-536-2674 *sp-oyster.com*. Open daily. L D, $$, WA

Tolland County

Bidwell Tavern • ***American*** • **EP** This 1822 Coventry tavern, once the town hall, offers prime rib, chicken wings and 24 beers on tap. • 1260 Main St. (Route 31), Coventry, 860-742-6978. Open daily. L D LS, $$, E, WA

The Blue Oak at the Nathan Hale Inn • ***American*** On the UConn campus, enjoy honest New England-style dishes and lighter fare. Great wine selection. • 855 Bolton Road, Storrs, 860-427-7888 *nathanhaleinn.com*. Open daily. B L D, $$

Lakeview Family Restaurant • ***Fresh Seafood / Italian*** • **EP** Fresh seafood, Italian dishes, paninis, salads, burgers and wings are served in a casual, romantic waterside setting. • 50 Lake St., Coventry, 860-498-0500 *coventrylakeview.com*. Open daily. L D, $$, E, WA

Rein's New York Style Deli-Restaurant • ***American*** • **RC** Bright and bustling Jewish deli serving everything from challah French toast and potato pancakes to pastrami reubens and cheese blintzes. • 435 Hartford Tpke., Vernon, 860-875-1344 *reinsdeli.com*. Open daily. B L D LS SB, $, WA

True Blue Tavern at the Nathan Hale Inn • ***American*** Great casual dining in a fun atmosphere celebrating the spirit of UConn athletics. • 855 Bolton Road, Storrs, 860-427-7888 *nathanhaleinn.com*. Open daily. D, $, WA

Windham County

Coriander Cafe • ***American*** • **EP** Offers breakfast, lunch and dinner with a focus on local and seasonal homestyle cooking, plus a specials menu that changes daily. • 192 Eastford Road, Eastford, 860-315-7691 *coriandercafeeastford.com*. Open daily. B L D (Tues.-Sat.), $

The Courthouse Bar & Grill • ***American*** Serves 20 great appetizers, plus "arresting" main courses such as seafood Alfredo and Montreal sirloin. • 121 Main St., Putnam, 860-963-0074 *courthousebarandgrille.com*. Open daily. L D LS (weekends), $, WA

Golden Lamb Buttery • ***American*** • **EP** In a barn overlooking a 1,000-acre farm, dinner here might be roast duckling, chateubriand or honey-glazed rack of lamb. • 199 Bush Hill Road, Brooklyn, 860-774-4423 *thegoldenlamb.com*. Closed Sun.-Mon. L D (Fri.-Sat.), $$$, E, WA

Hank's Restaurant • ***American*** A family place serving home-style chowders, lobster salad rolls and prime rib. • 416 Providence Road, Brooklyn, 860-774-6071 *hanksrestaurant.com*. Open daily. L D, $$

The Heirloom Food Company • ***Vegan*** • **EP** Organic cafe & juice bar offering locally sourced, organic ingredients. • 630 N. Main Street, Danielson, 860-779–3373 *eatheirloomfood.com*. Closed Sun.-Mon. B L, $

The Inn at Woodstock Hill • ***American*** The menu at this historic estate includes shrimp-and-sea-scallop stir-fry and duckling à l'orange. • 94 Plaine Hill Road, Woodstock, 860-928-0528 *woodstockhill.com*. Open daily. L (Thurs.-Sat.) D SB, $$$, WA

The Mansion at Bald Hill • ***American*** The pan-seared diver scallops with jumbo shrimp is tops, and don't skip the lobster mac 'n' cheese. • 29 Plaine Road, South Woodstock, 860-974-3456 *mansionatbaldhill.com*. Closed Mon. D, $$$, WA

Roots Down • ***American*** • **EP RC** American-style bistro featuring locally raised produce and meats. • 18 Route 171, Woodstock, 860-315-5614 *roots-down.net*. Closed Mon. & Tues. L D SB, $$

Willimantic Brewing Co. / Main Street Café • ***Brew Pub*** • **EP** This pioneering brewery is located within a historic U.S. Post Office building. Beers are brewed in full view of diners. Try the ale-steamed mussels. Other Connecticut craft beers available. • 967 Main St., Willimantic, 860-423-6777 *willibrew.com*. Open daily. L (Tues.-Sun.) D, $$, WA

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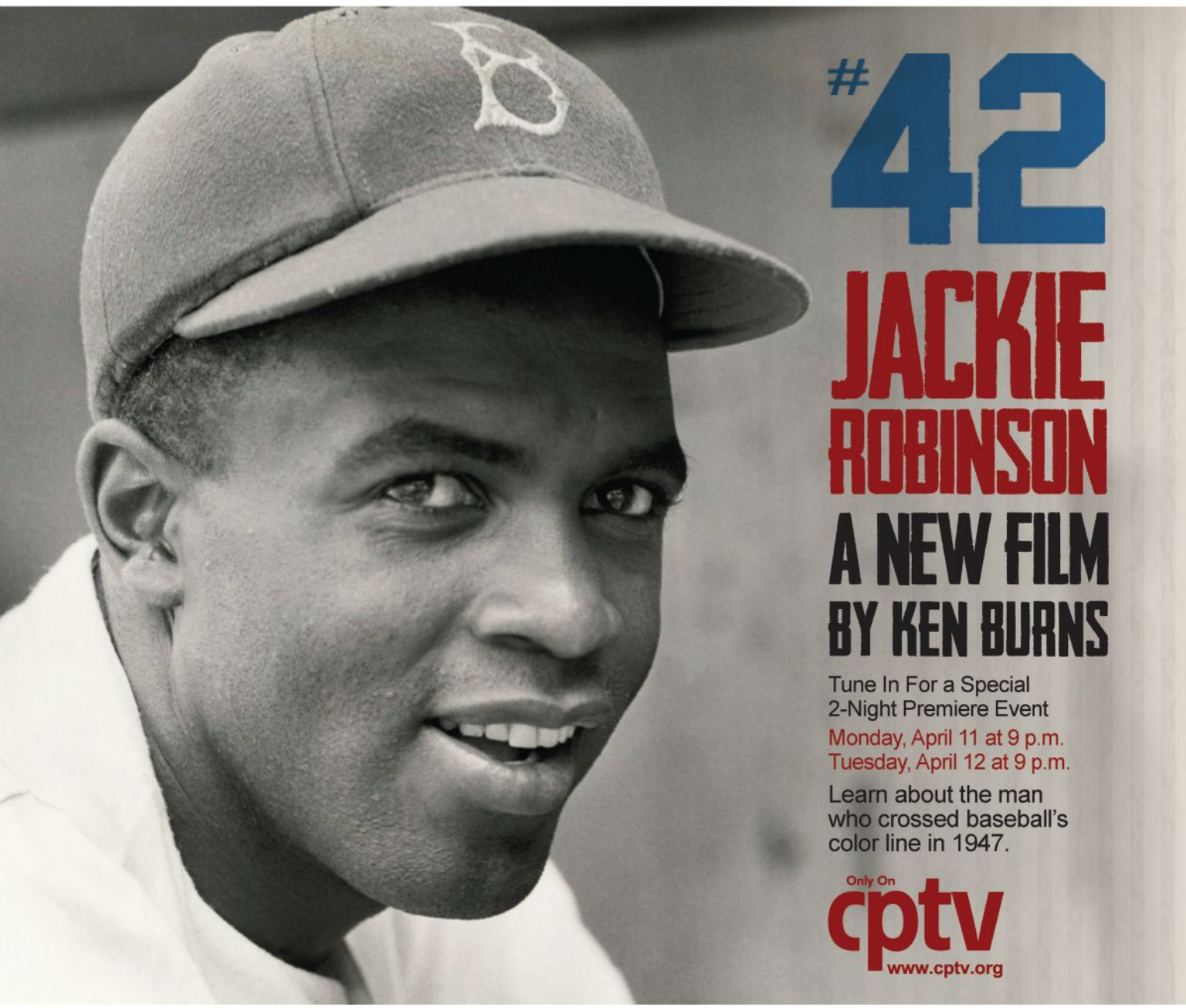

#42

JACKIE ROBINSON

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PRESIDENT'S MESSAGE

The curtain has come down for the final time on the beloved *Masterpiece* series *Downton Abbey*. For six years we at the Connecticut Public Broadcasting Network (CPBN), parent company of Connecticut Public Television (CPTV) and Connecticut Public Radio (WNPR), laughed and cried along with viewers over the exploits of the Crawley family and their servants.

Of course we are sad that the story is over, but we are pleased that so many *Downton* viewers joined us for our Say Farewell to *Downton Abbey* event at the Saybrook Point Inn on March 6. Fans came out to spend time with old friends and make new ones at this event celebrating the iconic series. Thank you to those who attended, and thank you to all of the *Downton* fans who shared our passion for this remarkable program.

Downton may have come to an end, but CPTV has many exciting new programs to offer. One of these is *Jackie Robinson*, the latest documentary from acclaimed filmmaker Ken Burns. Premiering this April on CPTV, *Jackie Robinson* profiles the man who acted as a trailblazer both on and off the baseball field. In celebration of the film, we will host a special preview event on Friday, April 8. This event will be held at the Palace Theatre in Stamford and will include a VIP preview of the film; live music by award-winning saxophonist Albert Rivera; and a post-preview Q-and-A with ESPN analyst and retired Major League Baseball player Doug Glanville. For more information on the film and how you can attend the event, see our feature story in this issue.

Finally, we are pleased to announce that eight public media stations in New England, led by CPBN, have established the New England News Collaborative (NENC). This regional news collaborative will produce multimedia reporting projects focused on issues facing New England and its residents, with topics ranging from transportation infrastructure to immigration. Reports will be broadcast over the air, online, and via a series of public town hall-style meetings. We look forward to providing in-depth, local-minded reports through our work with the NENC. For more information, visit CPBN.org.

From first-rate public television offerings to exciting journalistic endeavors, we at CPBN could not provide any of it without our members; thank you for your support.

Jerry Franklin
President and CEO, Connecticut Public Broadcasting Network

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"What's On!"

is published monthly as a supplement in Connecticut Magazine by Connecticut Public Broadcasting Network, 1049 Asylum Avenue, Hartford, CT 06105. Connecticut Magazine, 100 Gando Drive, New Haven, CT 06513, is published monthly by Digital First Media, Lower Makefield Corporate Center; 790 Township Line Road, 3rd Floor, Yardley, PA 19067. Editorial content for "What's On!", the 16-page program guide devoted to CPTV and WNPR, is determined by Connecticut Public Broadcasting Network (CPBN), a nonprofit corporation chartered by the state of Connecticut.

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Getting to Know You:
Andy "The Yeti" Patterson

1. What do you do at CPBN?

Whenever people ask me that, I often say I'm the lymph node of CPBN—anytime something's wrong, I have to check it. [As the] Broadcast Maintenance Technician, I solve problems; if something's not working right, I make it work or I make it better.

2. What brought you to public media?

My dad. He was the chief engineer at WFSB for 30 or 40 years and was legendary in the television field. Growing up, it was like black box theory to me; I don't get how this works, but I want to. Going to school taught me about the internal electronics behind it.

He hooked me up with the connection here [at CPBN], and then nine months later died from cancer. There are so many things I want to share with him. I feel like I could have learned a lot more from him, but that's life.

3. What do you love about CPBN?

The product we make. Anytime I go to a place where English is a second language, like a Chinese food place, I see the kids watching CPTV and learning. I think, "I'm helping that kid have a better life!" It really gets me.

Missing CPTV's Television Listings?

We appreciate the feedback we received regarding the decision to remove the television schedule from last month's issue of *Connecticut Magazine*.

To find out when your favorite show is airing, please visit CPTV's website at cptv.org/schedule. However, if you wish to receive a paper copy of these listings for the month of April, please contact our Audience Care department at **860.275.7550** or by e-mailing **audiencecare@cpbn.org**.

Thank you for your continued patience and understanding as we determine the best solution moving forward.

Jackie Robinson **premieres Monday, April 11 at 9 p.m. and continues Tuesday, April 12 at 9 p.m. on CPTV.**

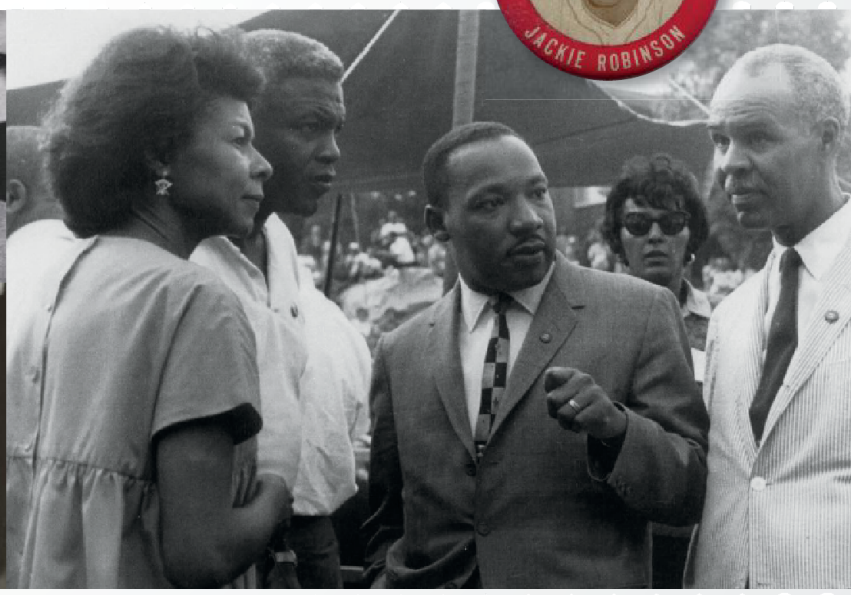
“If I had a room jammed with trophies, awards, and citations, and a child of mine came into that room and asked what I had done in defense of black people and decent whites fighting for freedom, and if I had to tell that child I’d kept quiet, that I had been timid, I would have to mark myself a total failure in the whole business of living.”

JACKIE ROBINSON

A STRIKING QUOTE APPEARS at the beginning of *Jackie Robinson*, a new two-part documentary by acclaimed director Ken Burns premiering Monday, April 11 and Tuesday, April 12 at 9 p.m. on CPTV. The screen shows an image of the familiar and since-retired number 42 jersey, and a voice says:

"If I had a room jammed with trophies, awards, and citations, and a child of mine came into that room and asked what I had done in defense of black people and decent whites fighting for freedom, and if I had to tell that child I'd kept quiet, that I had been timid, I would have to mark myself a total failure in the whole business of living."

Of his interest in sharing Robinson's story, director Ken Burns said, "There was so much more to say not only about Robinson's barrier-breaking moment in 1947, but about how his upbringing shaped his intolerance for any form of discrimination and how after his baseball career, he spoke out tirelessly against racial injustice, even after his star had begun to dim."



From there, viewers are brought on a journey through the life of Jack Roosevelt Robinson, a man who strove to balance his athletic career with his interest in civil rights. The story of the first African American to play baseball in the major leagues is peppered with interviews with President Barack Obama, Harry Belafonte, Tom Brokaw, and others, who share how Robinson's determination and heroism influenced generations.

From humble beginnings in Georgia to remarkable feats on the baseball field with the Brooklyn Dodgers, Robinson was the recipient of the inaugural MLB Rookie of the Year Award in 1947, was an All-Star for six consecutive seasons from 1949 through 1954, and won the National League Most Valuable Player Award in 1949. *Jackie Robinson* focuses on more than just these notable achievements though, as the film also paints the picture of a man who challenged institutional racism in the face of harsh criticism. It also delves into his close-knit relationship with his wife, Rachel, and their children through candid interviews and personal family photos.

With the start of baseball season and Major League Baseball's Jackie Robinson Day both landing in April, the premiere of *Jackie Robinson* seems exceptionally appropriate. Baseball, however, was just one side of Robinson's story; the complete portrait will be revealed come April.

Join CPTV For a Special Tribute to Jackie Robinson

Friday, April 8 at 7 p.m.
Palace Theatre, Stamford, Connecticut

The event will include live jazz music by award-winning saxophonist Albert Rivera, commentary and a Q&A session with ESPN commentator and former Major League Baseball player Doug Glanville, as well as a hors d'ouevre and cocktail reception. The evening will also feature an advance preview of J*ackie Robinson.*

Tickets are $42 and can be purchased at **cptv.org/jackierobinson.**

HIGHLIGHTS

CALL THE MIDWIFE

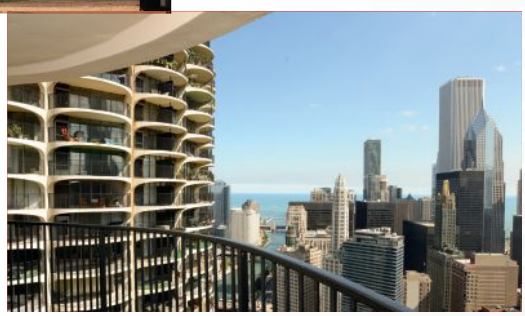
Sunday, April 3
at 8 p.m. on CPTV

It's 1961 and Poplar is beginning to feel the winds of social change, along with improvements in housing, sanitation, and healthcare. Among the complex and challenging cases the nurses and midwives face in the fifth season of the beloved series are two babies born with severe deformities.

10 THAT CHANGED AMERICA

Tuesdays at 8 p.m. beginning April 5 on CPTV

In this three-part series, the homes, parks, and towns that have impacted the country are visited. From Levittown, New York to Thomas Jefferson's Monticello, these destinations transformed residential living, community design, and city spaces.



Sing that Thing!

Saturdays at 7:30 p.m.beginning April 2 on CPTV
Sundays at 8 p.m. beginning April 3 on CPTV4U

Tune in as this local series showcases New England's best amateur singing groups in a friendly competition that celebrates the diversity and joy of song. Hosted by Anthony Trecek-King, three on-air coaches offer constructive feedback to 24 vocal groups over the course of the competition.

HIGHLIGHTS

FATHER BROWN

Thursdays at 8 p.m. beginning April 7 on CPTV

Follow the adventures of Father Brown, the crime-solving Roman Catholic priest, as the series returns for an all-new season. Set in the picture-perfect village of Kembleford, Father Brown uses his razor-sharp mind to catch thieves and murderers off guard.

Can Alzheimer's Be Stopped?

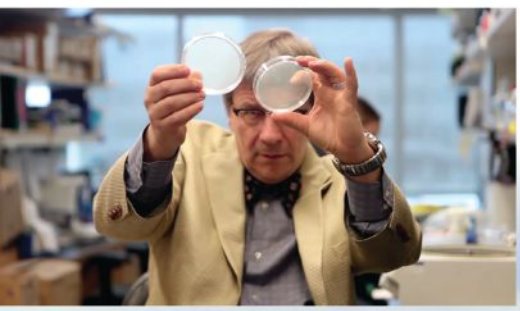
Wednesday, April 13 at 9 p.m. on CPTV

Alzheimer's Disease ravages the minds of over 40 million victims worldwide. Join scientists as they untangle the cause of this tragic illness, and go behind the scenes of major drug trials to discover the therapies that may slow and even prevent the disease.

RIDE THE TIGER

Wednesday, April 13 at 10 p.m. on CPTV

Explore the bipolar brain to find out where the biological and chemical breakdowns occur and how doctors may be able to pre-empt disorders and fix or rewire the brain. Learn if new treatments can lead to advances in other areas of mental illness as well.



NOVA – Vikings Unearthed

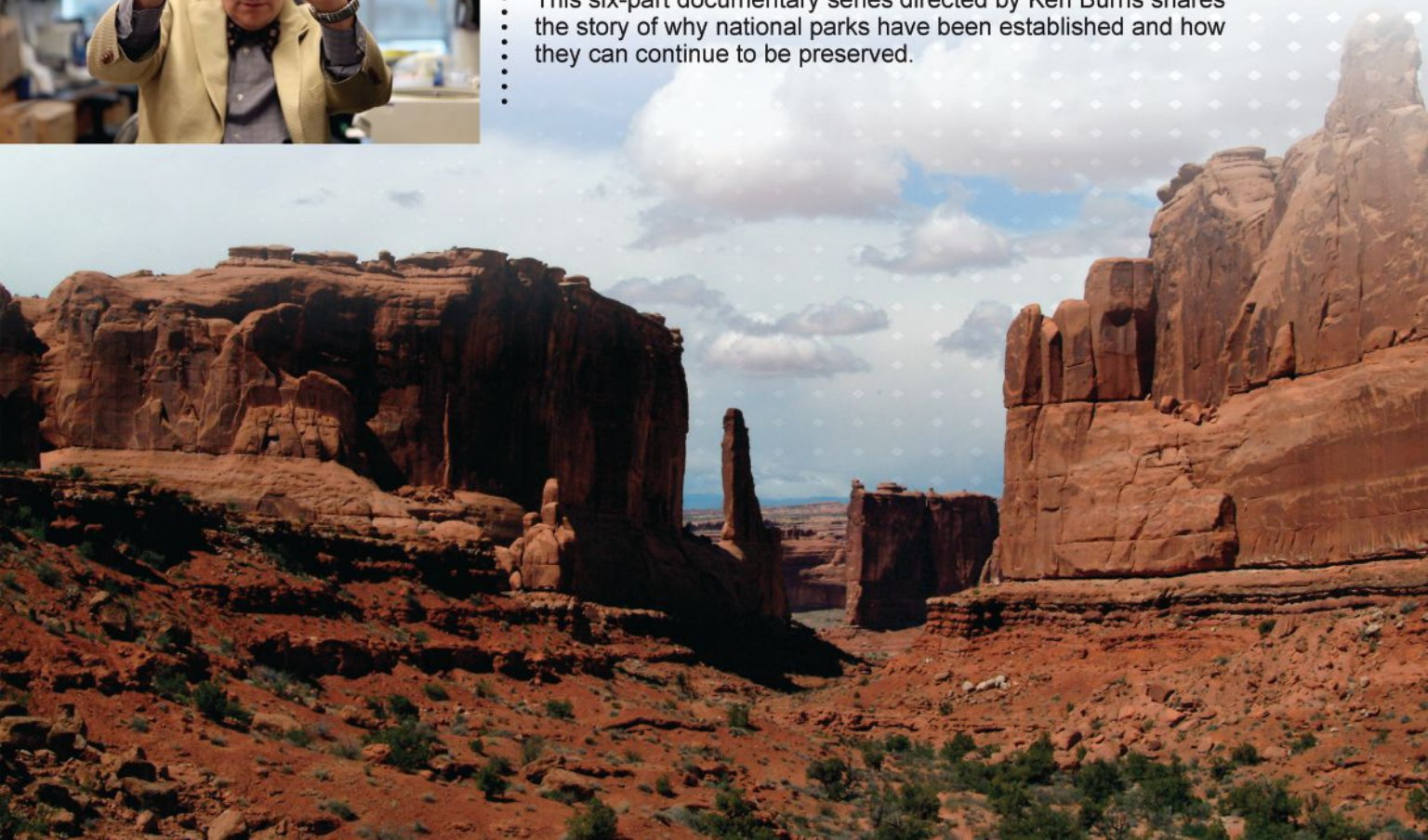
Wednesday, April 6 at 9 p.m.

Vikings were pioneering warriors, expert seafarers, and colonists of the North Atlantic realm. They even claimed in their sagas to have reached America. Now, Dr. Sarah Parcak uncovers new clues about their legendary expeditions and settlements.

The National Parks: America's Best Idea

Monday, April 25 through Saturday, April 30 at 10 p.m. on CPTV

This six-part documentary series directed by Ken Burns shares the story of why national parks have been established and how they can continue to be preserved.



Fans Say Goodbye to Downton Abbey

Photo by Nick Caito

On March 6, over 80 guests joined CPTV at the Saybrook Point Inn in Old Saybrook to celebrate the beloved series *Downton Abbey on Masterpiece* as it came to an end. The evening began with a special cocktail reception with *Downton Abbey*-inspired food and drinks. Afterwards, guests gathered to view a special screening of the series finale together.

Words To Give By Recording Sessions

Throughout March, Words to Give By, a storytelling project in partnership with the Hartford Foundation for Public Giving and WNPR, collected stories of everyday kindness and generosity at five locations in the Greater Hartford region. Words to Give By began in 2015, in celebration of the Foundation's 90th anniversary of serving Greater Hartford. The project aims to celebrate and encourage all forms of "philanthropy," including small acts of kindness between friends, family, and even strangers.

In its first year, 170 participants joined WNPR producers to record 154 interviews, sharing personal stories of everyday generosity. Edited versions of these recordings air on WNPR each Wednesday at 3:04 p.m. and all edited stories, plus additional information about the project, can be found at WordsToGiveBy.org.

Photo by Visual Appeal Studios

words to give by
stories of everyday generosity

Hartford Foundation for Public Giving

wnpr

CPTV HISTORY

On Saturday, March 2, 1985, CPTV aired the New England Collegiate Conference championship basketball game between the University of Bridgeport and Sacred Hart University. The game featured Manute Bol, a Sudan-born basketball player who was drafted into the NBA from the University of Bridgeport later that year.

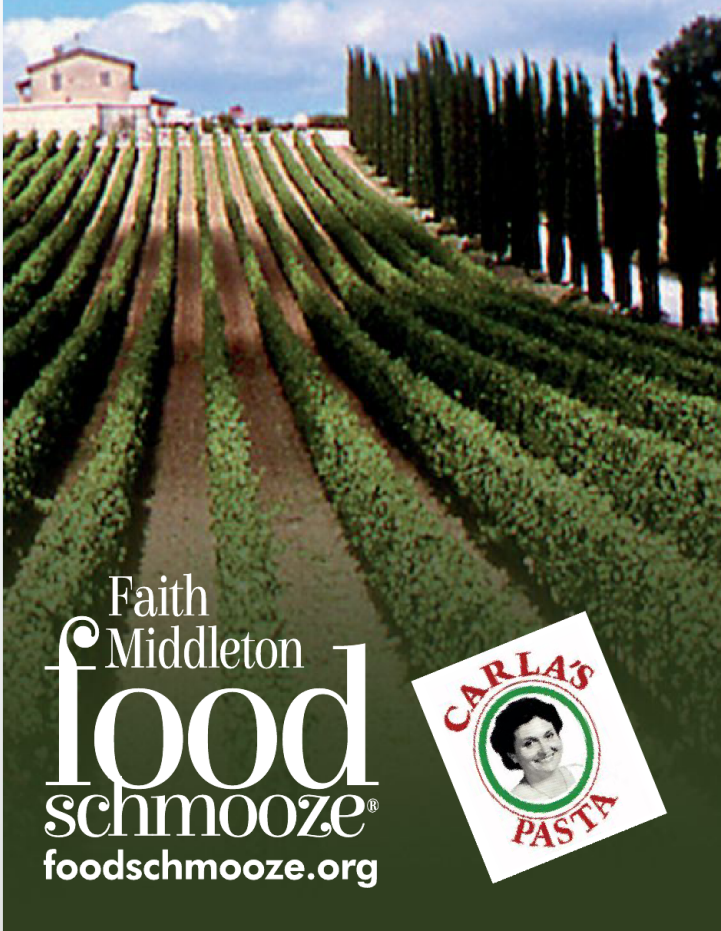
Using his NBA career to fund his sister's travels out of the political unrest of Sudan, the athlete went on to play for the Washington Bullets, Golden State Warriors, Philadelphia 76ers, and Miami Heat. At the impressive height of seven-foot-six, Bol is considered one of the best shot-blockers in basketball history. Jerry Franklin, CEO of CPBN, commented on the broadcast in the April 1985 issue of *Connecticut Magazine*:

"Why air that game, you might ask, when we present so little basketball? Why interrupt our popular and long-standing Saturday lineup? First, this interesting local match-up gave a boost to our channel 49 station, which is licensed to Bridgeport. Secondly, it introduced, for the first time to a significant television audience, the awesome capabilities of a seven-foot-six center, Manute Bol. CPTV was the only TV station willing to showcase this unusual talent."

Tour Italy
with Faith Middleton

This September, tour Italy with WNPR's Faith Middleton, host of the *Faith Middleton Food Schmooze®*, and Carla's Pasta. Travel to Carla Squatrito's home town, and join Faith as she tastes her way through Piemonte, Italy. Destinations will include Winery Braida, Turin, and Genova.

For complete details, including pricing, itineraries, and hotel accommodations, please contact Jennifer Moore at jmoore@cpbn.org.



RADIO

8 Public Media Stations to Form New England News Collaborative

Led by CPBN, eight public media stations from the New England region have received support from the Corporation for Public Broadcasting (CPB) to establish a regional news collaborative.

The New England News Collaborative (NENC) will produce multimedia coverage focusing on the region's energy usage, climate, transportation infrastructure, and its people and immigration issues. This robust partnership will produce dynamic reporting projects for on-air broadcast, digital and web presentations, and a series of public Town Hall-style meetings designed to discuss and debate the issues facing New England and its residents.

"Public media organizations from around New England have been collaborating since WNPR started the Environmental Reporting Initiative more than a decade ago," said John Dankosky, Vice President of News at CPBN. "We realized then, as we do now, that New England states share common geography and history, political organization and people. We think the New England News Collective will help to tell the stories of this connected and rapidly changing region."

Partner stations in this regional collaborative are: Connecticut Public Broadcasting Network, WBUR, Maine Public Broadcasting Network, New Hampshire Public Radio, Vermont Public Radio, New England Public Radio, Rhode Island Public Radio, and WSHU Public Radio.

all things considered

From left: *All Things Considered* weekday hosts Melissa Block, Robert Siegel and Audie Cornish

wnpr
wnpr.org

The most-listened-to afternoon drive-time news radio program in the country, *All Things Considered* provides in-depth reporting that transforms the way listeners understand current events and view the world.

Listen Monday-Friday, 4-6:30 p.m., and Saturday and Sunday, 5-6 p.m., on WNPR.

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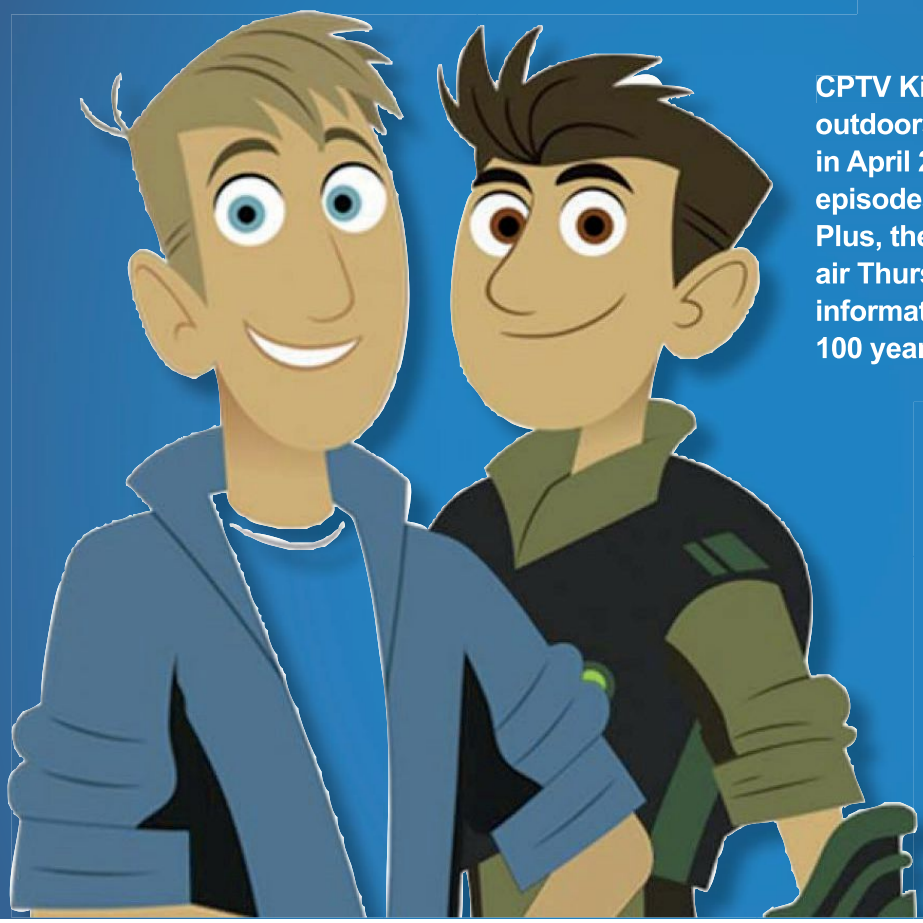
For the complete CPTV Kids schedule, visit cptv.org/schedule.

Celebrate Earth Month this April with CPTV Kids



CPTV Kids is celebrating the great outdoors all month long this April! Tune in April 25-29 for a special week of new episodes from *Nature Cat* and *Wild Kratts*. Plus, the 100th episode of *Wild Kratts* will air Thursday, April 28 at 7 a.m., featuring information about animals that live to be 100 years-old!

Catch Bob the Builder in Action

Everyone's favorite handyman returns for new episodes of *Bob the Builder*, weekdays at 7 a.m. on CPTV Kids! Join Bob, Scoop, Wendy, and the rest of the construction crew as they work together to overcome challenges and get the job done.More information, including free coloring sheets, projects, puzzles, and more, can be found at **cptv.org/programs/bob-the-builder**.

CPTV Kids is sponsored by:

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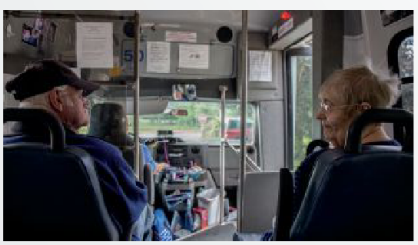
RADIO

WNPR Investigates the Connecticut Commuter Community



Bumper to bumper, eye to eye – the frustration of the daily commute to work or school is a universal experience shared with those in the sea of surrounding cars. WNPR's Heather Brandon and Ryan Caron King are currently exploring this struggle through their *Commuter Life* series. Surprisingly, they have found only five percent of the state utilizes Connecticut public transit. King says, "The daily commute in Connecticut is centered on the individual driver, and there's not a lot of dialogue between commuters despite the fact that they're packed onto the same highways and trains, facing the same daily challenges."

Brandon elaborates, "We want to find commuters–whether by car, bicycle, on foot, or by public transit–who are interested in examining their own habits, participating in a broad conversation about not just what seems broken for the commuting experience, but also what's working, and how problems can be fixed."

Shared experiences reflect the diversity of communities among commuters, highlighting a variety of characters. These relationships and micro-communities are an unforeseen aspect that King finds especially interesting. He describes, "Many bus and bike commuters have told me that there's a lot of camaraderie between transit commuters. They may come from different backgrounds, and they may be complete strangers–but every day they spend time together on the same commute, which forms a certain kind of unspoken solidarity."

As the series continues, WNPR will attempt to break down the complex issues around transportation. Brandon says, "We are working on a plan to present an interactive map online of I-84 through Hartford where you could use the map as an interface for storytelling about the coming redesign. We would like to see a podcast develop, even experimentally, that can tackle some of these kinds of questions–about physics, psychology, design, or even just tips on getting around. And we'll keep finding and telling stories from the personal view that capture what commuting is like for residents."

For stories like the *Commuter Life* articles described above, visit wnpr.org

Faith Middleton food schmooze®
foodschmooze.org

Faith's Greek Salad Omelet

with Blistered Tomatoes & Fresh Avocado

INGREDIENTS:

For the blistered cherry tomatoes topping:
1/4 cup extra virgin olive oil
1 pint container cherry tomatoes
2 cloves garlic, diced fine
Salt and freshly ground black pepper

For the avocado with fresh lemon topping
2-3 ripe avocados, cubed
1 lemon, halved
Salt to taste

For the omelet
1/4 cup extra virgin olive oil
6 cups lettuces, chopped
8 eggs, beaten
1 cup scallions, diced
1-1/2 cups crumbled feta cheese
1 cup Kalamata olives
Salt and freshly ground black pepper to taste

HOW TO MAKE IT:

Make the blistered cherry tomatoes topping
Preheat the oven to 350 degrees. Line a baking sheet with foil and drizzle with the olive oil. Add the cherry tomatoes and garlic and toss with your fingers until well-covered with oil. Add a little salt and pepper. Place tray in the oven on the middle shelf.

Roast until blistered, about 30-45 minutes. Start checking them at 25 minutes so they don't burn. When nicely blistered, place the tomatoes in a bowl and set aside as a topper for the omelet.

Make the avocado with fresh lemon topping
Rinse each whole avocado. Cube them and set aside in a bowl to use as an omelet topper. (If doing this in advance, place the avocado pits in the bowl with the cubes to keep them from turning brown.) Squeeze a little lemon juice on the cubed avocado and lightly sprinkle with salt. Set aside as a garnish for the omelet.

Make the omelet
Heat olive oil on medium and sautée lettuce until wilted and a little browned. When done, reduce heat to medium-low and add beaten eggs, scallions, feta, and olives. Cover pan with a lid. Allow eggs to cook slowly and set, about 5 minutes. When the first side is lightly browned, flip it to the second side. Cook without the lid until done. If it's easier to scramble the eggs, stirring as they cook, this is perfectly fine.

Divide the eggs on the plates and top each serving with blistered tomatoes and avocado. Add salt and freshly ground pepper to the assembled dish to taste. Serve with your choice of toasted bread.

Greek salads are loved because they give us an irresistible flavor profile, and that's what inspired my brunch specialty — a Greek Salad omelet, featuring salad greens that are sautéed in olive oil. I prepare the avocado and blistered cherry tomatoes in advance, then use them to top the omelet.

Faith

The World's Most Mysterious Manuscript

YALE'S VOYNICH MANUSCRIPT — TREATISE ON MAGIC WRITTEN IN A FORGOTTEN LANGUAGE, OR ONE OF HISTORY'S MOST ELABORATE HOAXES?

Every week Raymond Clemens receives 40 or so emails about it.

They come from across the globe, sent by scholars and hobbyists, linguists and would-be code breakers.

"Sometimes the Voynich subject line will filter out because I get so many," says Clemens, curator of early books and manuscripts at Yale University's Beinecke Rare Book & Manuscript Library in New Haven.

The Voynich Manuscript is one of the most mysterious manuscripts in history, and for decades some of the world's greatest minds, including alchemy experts and codebreakers from both world wars, have been intrigued and ultimately confounded by it.

Written in the 15th or 16th century by an unknown author in what appears to be unknown language, it is about 240 pages with a thus-far indecipherable text running from left to right. Because it is very fragile, the manuscript is not on public display at the Beinecke, but is available in its entirety as a PDF on the Beinecke's website. In November Yale will release a book containing a facsimile of the manuscript as well as short essays about it.

The Beinecke's description states it is "A magical or scientific text, nearly every page contains botanical, figurative, and scientific drawings of a provincial but lively character."

The images themselves do little to clear up the mystery of the manuscript, Clemens says. "There are parts about botany. There are parts about bathing, there are these nude women in baths. There's what we call pharmacology, what looks like plants but are being used for medical purposes. There is a whole section on astrological charts which seem to have the 12 zodiac figures and possibly star charts of some sort." He adds, "Because we can't read the script, we don't really know what the book is about. The images don't refer to any known plants, so they're made up, as far as we can tell."

The images of the women are just as baffling. The Beinecke describes them as a "myriad of drawings of miniature female nudes, most with swelled abdomens, immersed or wading in fluids and oddly interacting with interconnecting tubes and capsules."

The manuscript is named for the Polish-American antiquarian bookseller Wilfrid M. Voynich, who acquired it in 1912. It became a Connecticut artifact when it was donated to Yale in 1969 by H.P. Kraus, who had purchased it from Voynich's widow. According to the Beinecke, "The codex belonged to Emperor Rudolph II of Germany (Holy Roman Emperor, 1576-1612), who purchased it for 600 gold ducats and believed that it was the work of [13th-century English philosopher] Roger Bacon. It is very likely that Emperor Rudolph acquired the manuscript from the English astrologer John Dee (1527-1608). Dee apparently owned the manuscript along with a number of other Roger Bacon manuscripts."

Voynich purchased it from the Jesuit College at Frascati near Rome. Shortly after the purchase there were questions about the manuscript's authenticity. "There were people that thought Voynich himself might have made this up in order to make money, but it's very clearly a medieval production," Clemens says, adding that its pages have been carbon dated and verified as being from the 15th century.

However, that does not rule out the possibility that the manuscript was created in the 15th century as a hoax, a theory favored by some Voynich researchers. "There's certainly the possibility that someone might have made this up and made it look like a chemical manual or something that might have contained secrets either to prolonging life or something like that. Because we can't crack the code, we can't really know," Clemens says. He cautions there's very little evidence supporting the hoax theory, "Simply because we don't understand it, doesn't mean that it's fake."

Conversely, Clemens says there's an equal lack of evidence *disproving* that it is a fake. "It's one of those horrible circles," he says, adding that while Yale is not behind any major current research efforts into the manuscript, he encourages research from serious scholars.

Assuming it's not a fake, there is some debate as to whether it is written in code or if it truly is written in some unknown language. Cryptographers who have worked on it include John Tiltman, a British Army officer who worked at Bletchley Park, the famous site of Britain's main World War II code-breaking efforts; and William Friedman, who ran the U.S. Army's Signal Intelligence Service in the 1930s and led the team that cracked Japan's PURPLE cipher, which allowed the U.S. to read Japanese diplomatic messages prior to World War II. But not even the world's most celebrated codebreakers could solve the manuscript's puzzle.

BEINECKE RARE BOOK & MANUSCRIPT LIBRARY, YALE UNIVERSITY

In 1978, cryptographer Mary D'Imperio wrote *The Voynich Manuscript: An Elegant Enigma*, a book-length paper commissioned by the National Security Agency. In the work, she called it "that most studied, most curious, and most mysterious manuscript upon which so many researchers have exhausted their faculties in vain." Yet D'Imperio was never discouraged by the enigma of the Voynich.

"I little suspected, when I was first introduced to the problem of the Voynich manuscript … that I would spend all my spare time for the next year on an intellectual and spiritual journey spanning so many centuries and ranging over so many aspects of art, history, philosophy, and philology. I have thoroughly enjoyed every moment of my investigations, and would not give them up at any price."

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